



When life gives you Lemons  
Make Lemonade



# Encourage Positive Thinking

- ▶ Focus on the good things even if there are only a few.
- ▶ Begin and end each day with a positive thought or an affirmation. (Look in the mirror and say "Today is going to be a good day")
- ▶ Focus on the present moment. (Negative thoughts come from a memory or predicting future events, focus on this moment right now).
- ▶ Be grateful. (Think of one thing you are thankful for).
- ▶ Focus on progress, not perfection.
- ▶ Forgive yourself (Give yourself some grace).
- ▶ Find humor in a difficult situation.
- ▶ Remember change is inevitable in life, this too will pass.



# Lemons into

# Lemonade



My Lemons

Make it into

Lemonade


