

JOYFUL LIFE RECIPE

TURN LEMONS INTO LEMONADE



PAUSE GATHER LEMONS

- Pause for a moment.
- Become aware of your thoughts and energy: are you in stressed/survival mode or are you feeling calm/thriving?
- Observe your emotions and energy with curiosity (assess, not judge).



RESET SQUEEZE LEMONS

- Own your thoughts and energy.
- If you feel stuck or stressed, shift your state by getting out of your head and into your body.
- Release tension and reset; activate your parasympathetic nervous system (mindfulness, etc.).



REFOCUS SWEETEN IT

- Check your mental dashboard and feed your mind with nourishing thoughts.
- What's a gift, lesson or opportunity?
- What's one positive step you can take?
- How can you serve greatly right now?
- Shift from expectation to appreciation.

Add water and ice, stir well and drink up!

