

My Lemonade Stand

EXAMPLES OF RESILIENCE. Most everyone has gone through hard times in their life. You may feel that you have had more than your fair share of bad things happen to you. “When life hands you lemons, you make lemonade” is more than just an expression. It is about the importance of resilience and getting through those hard times with hope.

Here are some examples of turning lemons into lemonade.

The Lemons <i>Bad experiences</i>	The Lemonade <i>How to take action to build hope and resilience</i>
<p>My dad used to call me “fatty” and tease me about my weight all the time.</p>	<p>I tell my kids they are beautiful and make sure they have good food and get exercise.</p>
<p>I was molested by a friend of our family when I was just a kid. I didn’t feel like I could tell my parents. I didn’t think they would believe me.</p>	<p>I make sure that my kids know that no one has the right to touch them like that. I communicate clearly and openly with them about difficult topics so that they feel they can do the same with me.</p>
<p>I hated school. I didn’t get very good grades. I ended up dropping out.</p>	<p>I don’t want that for my kids. I enrolled my kids in preschool to give them a head start. I go to their school events and ask them about their homework.</p>
<p>I couldn’t find a job except part time at a fast food place. The work was hard and the pay was lousy.</p>	<p>I decided if I wanted a different future, I needed to get my GED. It took me awhile but I got it. My kids are really proud of me too.</p>
<p>My car broke down and I didn’t have any money to fix it. I didn’t have any way of getting to the grocery store.</p>	<p>I found a neighbor that had a car, and I trade babysitting so I can use her car sometimes. It is still a challenge, but I have a new friend and my kid has a new friend too.</p>



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How have you “made lemonade out of lemons”?

The Lemons
Bad experiences

The Lemonade
How to take action to build hope and resilience

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