

WHEN LIFE GIVES YOU LEMONS

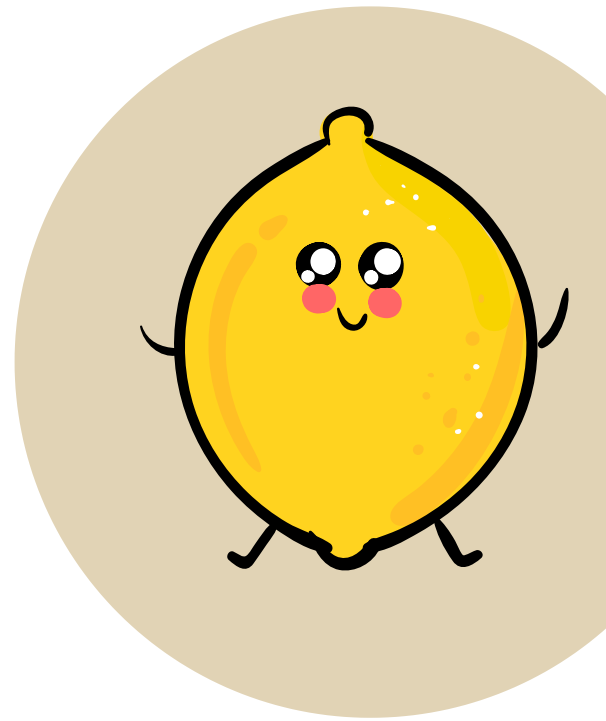


STAGE 1: HEAL & FEEL

Take the time you need to heal and feel your feelings. It's okay to go slower, the whole world has slowed down and rightfully needed to. This time is for personal growth and healing.

STAGE 2: CHANGE YOUR FOCUS

Focus on you. Everything else will fall into place. Surrender to what you can't change, make peace with what's happened and plan for a better future- for yourself..



STAGE 3: PLAN

Much like a recipe, make a plan on how to turn your pain into power and become better than who you were yesterday.



STAGE 4:

Progress is better than no progress, keep slaying, you got this. Lets make this lemonade.

