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### When Life Gives You Lemon

What does it mean to have a positive attitude, and how is it used in society? To point to have a positive attitude is first to let go of anything negative. Negative energy only holds you back from being positive. It keeps you from achieving goals and gaining so much in the world. To be used in society is to live healthier by having a positive attitude. We as people need to think differently to stay optimistic than the people around us. First, to gain in this world is to let go of anything that holds you back and keeps you from being positive.

Every day we are tested, things do not always go our way, and we lose sight of the positive things in life. Still, that does not mean giving up and stopping fighting; it means keeping going and staying positive. Everything does not have to constantly remain negative and keep you down or prevent you from being positive. In society, the world teaches us sometimes that it is okay to stay mad and let the world stop us from being better. As a healthier person, you must remain positive and choose not to let society change your thoughts. Humanity can always change the narrative of things, make things not as they seem, and turn our minds into negative thoughts. That's why it is essential to stay positive and not let the world change your thoughts, and you remain strong in this world.

As an example of staying positive in this world, I must wait positively in the line of work I have to deal with every day. I deal with changes at work, and I must stay positive and live differently to improve my job. Negative energy only holds me in a situation where I cannot stay

positive and do my job correctly. I instruct special needs kids, and all my positive energy is well needed for them and nothing less. I gain more when I can provide more positive than negative and give them the right fuel to be happy. When I can stay positive, I am feeding positive energy for them to gain more in the world and not negativity to stop them from being whom they need to be. So, what does it mean to have positive energy? It means staying positive even when the odds are against you because you can bring so much into the world and not let the world stop you.

In conclusion, although life always seems to bring you down, you should always try to stay positive. There is a saying, “when life gives you lemons, make lemonade,” which means turning something negative into something positive. Why fulfill your life with so many negative that brings you down than achieve more in life? You reach more when you pour more and do not let things hold you back from gaining more. A positive attitude is how you move and show it by staying optimistic and not down. Living a healthier life helps you stay positive and keeps the people around you the same. I know it’s easier than done, but always remain positive and let anything negative out of your life because living healthier is better than being down.

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