







Cherry - Orange - Lemon - Lemonade

A Positive Psychology Tool for Championing Strengths and Amplifying Appreciation

1. **Cherry:** Describe the cherry-on-top in your life right now.
2. **Orange:** Describe something sweet and well-rounded in your life right now.
3. **Lemon:** Describe a current sour situation or pain point you are dealing with.
4. **Lemonade:** Describe a negative situation in your life that you are proud to have turned around to a positive.

			
Cherry	Orange	Lemon	Lemonade
<ul style="list-style-type: none"> • What is something wonderful in your life that you are proud of and/or grateful for? • What is your contribution to making this happen? 	<ul style="list-style-type: none"> • What is something in your life that is balanced and going well? • What beneficial impact does this have for you? 	<ul style="list-style-type: none"> • What is something you wish was going differently in your life right now? • What outcome do you hope for? 	<ul style="list-style-type: none"> • What is a recent challenge in your life that you made the best of? • What positive learning did you take from this?