



ALWAYS
SQUEEZING
LEMONS

Taking Responsibility to
Define Your Own Success

KAYLA LOGUE

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BY KAYLA LOGUE

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First edition.

*Dedicated to everyone who has loved, helped, and
believed in me along the way. Your support has never
gone unnoticed and will never be forgotten.*

XOXO

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INTRODUCTION

On a scorching summer day, would you skip adding ice to your freshly squeezed lemonade?

If you say yes, you're lying. Or, you live in the Arctic and don't need to add ice to anything. The ice is the key; it's the thirst-quenching element. Yes, you need the lemonade, but without the ice, is it as satisfying?

In a book, the introduction is the ice, and the rest of the chapters are the steps needed to make a tall, delicious glass of lemonade. You can skip reading it, but you won't fully quench your thirst. You need ice to be satisfied.

So, do not skip the introduction, because you need to read it to understand how this book will help you.

That's the only way you will be completely satisfied with this book.

So, let's break the ice and take our first, thirst-quenching sip.

SUCCESS STARTS WITH YOU

It was 3:20 AM on a Wednesday in late July of 2020 when I woke up, grabbed my phone, and typed out the first real ideas for the book I had always wanted to write in my notes app. It had been almost four months since I left my eight-year relationship and three-year marriage, my loving dog, a thriving Pilates career, and decided to blow up my “perfect” life.

I was staying with one of my closest friends on St. Simons Island, Georgia. I slept in bed with her that night, and I can still vividly remember being wide awake and the weird clarity that came to me while I typed, lying there, until the sun came up.

My mind was racing, and I had to get my thoughts written down.

It had been a restless night—I had been thinking a lot about how I was feeling regarding my decision to leave, and I was finally able to start expressing those thoughts. Chills ran up and down my spine as thoughts and feelings seamlessly flowed into words in my notes. It was the first time I could see my unhinged words written down—I could also feel the connection between my words and the message I knew I wanted to continue to unfold and deliver.

I wanted to share what I was feeling on a large scale. I wanted to share my story in the pages of a book.

This energy and clarity came from the faith I had in myself that I could overcome anything, that it all started and ended with me, and that I would be always squeezing lemons.

I realized that no matter how much bullshit life had, I could always squeeze lemons to make lemonade. I was responsible for

my actions and responses to make the most of whatever came my way. I made a conscious decision to remove negativity and move forward, prioritizing positivity.

I realized I could be the cause, problem, and solution for everything in my life, and my world changed. I am in control of my success, however I choose to define that, as well as my habits, thoughts, words, and actions.

Through this awareness, I recognized that by squeezing the lemons of my life, I was serving something greater.

When I had the idea to write *Always Squeezing Lemons*, I didn't know what it would look like at the end. Now, I know it was to give back to others by sharing my experience, the knowledge I've gained, and the help I've been given by the loving and supportive people I've gathered around me throughout it all.

I learned to love, forgive, and admire myself in order to be able to do the same for others. And I captured it all in the pages of my journals.

Now you're reading the edited versions of those early-morning musings in the pages of this book, *Always Squeezing Lemons*.

But let me back up a minute and give you a little more context.

In May 2020, when I was twenty-five, everything in my life changed. I was a Pilates instructor with a rigorous health and fitness routine, married, and living in Alexandria, Virginia. It was what many would consider a "picture-perfect" life, but I decided the life I had built with my now ex-husband wasn't the right life for me. So, with \$900 in my pocket, I left that life

behind. My goals, what I wanted to accomplish, and my definition of success had changed. This book is about that journey.

Success is subjective. We can define it individually because there isn't one title or achievement that encompasses it. As we change, so do our goals, accomplishments, and measurements of success. What is *not* changeable are the principles to achieve success, which always start with you.

If we want something greater for ourselves, however we define it, we must learn to overcome the obstacles and challenges that come with failure, hurt, and heartbreak.

Leaving a marriage and an entire life I had worked so hard to build could have been considered a failure. It was heartbreaking to leave that life—friends, colleagues, my dog, and even the man I had spent eight years with.

I felt suffocated. I knew I was capped out, and I was trying to be happy in a life that did not fit. I knew nothing would change unless I decided to do so. When I committed to moving on, it seemed sudden to everyone else, but for me, it had been building for years.

No one understood the depths of it, and I did not expect them to. I had support from family and close friends, and I was confident in myself and my decision—I felt freer than ever when I decided to move on. I can still feel the release I experienced when I finally committed to that decision.

I did not dwell on this, though, and have since spent my time cultivating resilience. With my new mindset adopted, I turned what would typically be seen (and even felt) as negative into a

positive learning experience. I do not view pain, inconveniences, or failure as roadblocks, only speedbumps.

I keep going.

I've built a résumé of overcoming obstacles, and in turn, have built confidence knowing everything happens for a reason, and no matter what, I always have control over my responses. Like success, failure can be subjective. I do not focus on anyone else's definition and stay true to my internal reference point.

We have to learn to become resilient and mentally strong enough to recognize the only control we ever have in any situation is our response.

What typically holds us back from mental resilience? Fear. Human nature seeks validation and recognition. It's why we are hyper-focused on big wins but crumble at a loss.

We are scared of failure and judgment.

We are scared of change and discomfort.

We are scared of uncertainty.

We are scared of being alone.

We are scared of rejection.

We are scared of disappointment.

And we are scared of being imperfect.

For a long time, I was constantly scared of judgment and disappointment. That's why I pursued a "picture-perfect," status-quo

life. I'm *still* a little scared of judgment and disappointment—I haven't completely overcome these fears.

Writing this book brought up a lot of that fear: I hate to disappoint anyone I love and will sometimes compromise myself and my boundaries to make them happy. But what is different now is that I am aware of it. I know my response is in my control. I also know we are all experts in our own experience. We are all the same, but none of us live or experience life the same way. I've found a lot of confidence in this idea, and it has helped me overcome my greatest fears, rooted in things I have no control over.

(Except for my fear of toads. I hate the way they move; they are disgustingly huge to be able to hop that way. I legit lose my mind whenever I see a toad, and I don't think I'm overcoming that fear anytime soon.)

We define our success, and it starts with facing these fears. It's the only way to be unapologetically you.

SETBACK? COMEBACK.

This is not a how-to book about success. It is about the learning experiences, failures, mistakes, hurt, and heartbreak that inspired my resilience and mental grit. Mental grit includes passion and perseverance—a person with mental grit has the qualities to persevere and succeed in the face of adversity.

I have failed, I have experienced heartbreak, and I have learned a lot. I left my “perfect life” with less than \$1,000 to my name.

I had no direction, but I did have mental grit.

And that led to my new definition of success. Less than three years later, I won the Top Sales Producer award for one of the largest land development companies in the country and have earned over seven figures in pure commissions—all before thirty. I became successful, but I don't define it with what I accomplished financially—I define it by the strengths I was able to identify and capitalize on. With several other small and major wins—and a lot of mistakes, pain, and resilience in between—this book is about my wild journey, the lessons I learned, and how I turned a setback into a comeback.

Because I was stuck. My “perfect life” was only serving the life I *thought* I was supposed to live. The one that checked all the boxes.

But it wasn't the life I wanted to live. I was scared for many reasons...until I wasn't. (The fears did not go away—they're all still there—but I've taken control of them.)

No matter how big or small the situation, we are typically holding back on ourselves out of fear of failure.

My fear of failure used to be based on validation, judgment, and someone else's definition of success. Fear paralyzed me.

I still have a fear of failure, but it has evolved. I am now terrified if I do *not* hold myself accountable to my own goals, promises, and actions to better serve myself and others around me. I'm terrified to make false promises to myself that prohibit me from showing up as the best version of myself. I still feel fear often, but I now have experienced and understand faith and courage conquer fear. Fear no longer paralyzes me.

We're terrified to make a mistake because we don't want to get hurt or experience heartbreak; we don't want to lose out on what we had.

When one door closes, another opens. Your setback gears you up for your next comeback.

How do we embrace our setbacks, so we're geared up for the next comeback?

We have to actually start. We have to take the first step.

If I hadn't, I would still be living a life I didn't love. And I certainly wouldn't have been able to leap into a new career or form the new relationships I have. And I for damn sure would not have written this book.

Only you can take your first step...but I can help.

In the upcoming chapters, I will tell you a little about my personal journey. I will also tell you the mistakes I made, and the lessons learned along the way. I will share my experiences with heavy topics that required a lot of honesty and vulnerability from me. I hope my stories can be of value to you in your life.

Each chapter will be a step in the process of turning a lemon into lemonade—I do not have an obsession with lemons...but I do with metaphors. I wasn't able to squeeze the lemons of my life into lemonade right away; it was a step-by-step process.

Also, while you're reading, pay special attention to the dates. You will quickly understand that my journey has been quite a roller coaster and is pieced together through experiences with

time stamps. Growth will never be a linear journey, but my growth journey is a damn good one.

Each chapter will also include a Lemon Drop, a recap of the chapter's lesson, for quick and easy reference, and a journal prompt. As you'll come to learn in Chapter 3, journaling was one of the activities that helped me heal and grow the most. I want to share that practice with you.

Throughout this book, you'll see how important journaling has been for me. It has been my therapy—every story and breakthrough I share was rooted, emotionally refined, or manifested through journaling. It allowed me to establish a level of self-awareness I never had before.

I want this for every single one of you, which is why I included a journal prompt at the end of each chapter. Feel free to use them, or not—it is ultimately up to you. If you already practice journaling, I know you appreciate a good prompt when it is in front of you—I hope you find help with mine. If journaling is new to you, I challenge you to use the prompts to kick-start your journaling journey.

TAKE RESPONSIBILITY: YOU HAVE ALL THE ANSWERS

I am living a life I genuinely love...but I wasn't always. I wrote this book to share how I've grown and continue to evolve.

And I want to help you do the same, so you can live a life you love, too.

My journey has been (and continues to be) a healing process—I am more self-aware and can now face my fears *and* embrace my failures. I confidently understand how my purpose continues to evolve, know my strengths, and trust myself to make the best possible decision in the moment.

Making mistakes, judgment or disappointment are no longer fears of mine. Through this work, I redefined my values and trusted myself wholeheartedly to figure it out and make it happen. I did a lot of self-reflection to understand who I was, what I wanted, and how to love myself.

And then I acted upon it.

I did not make excuses; I took full responsibility for everything I did—I did not let fear hold me back. I had a plan for every decision I made. I had systems and goals in place to succeed, but I was also prepared for failure. I was not afraid of rejection and said no when I needed to.

I never back down from challenges; in fact, I seek them, and I learned to thrive in the uncomfortable state of change. I never threw a pity party for myself (don't worry, I vented *a lot*), but I instead used the hurt and pain I experienced as motivation to keep going to find and love myself again. I figured out how to thrive in evolving environments.

During all of this, I am still a mess sometimes. I have full mental breakdowns when I feel like I completely suck at everything in life. These days, I want to sit on my couch and blast sad, sappy love songs while I cry my eyes out with a bottle of wine.

The obvious truth is that gets me nowhere.

We all need a deep cry every once in a while—we have to give ourselves some grace—but ultimately, the root solution to the tears is not in love songs or at the bottom of that bottle of wine.

The answers are only to be found within you and *by* you.

I can make a tall, thirst-quenching glass of lemonade. But I had to squeeze a lot of lemons to get here.