



Carrots, Eggs and Coffee beans Each face
the same ADVERSITY—boiling water.

But each reacts differently.



Reflect on this: Which am I?

Am I the carrot that seems strong, but with pain and adversity do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship or some other trial, have I become hardened and stiff? Does my shell look the same, but on the inside am I bitter and tough with a stiff spirit and hardened heart?

Or am I like the coffee bean? The bean actually changes the hot water, the very circumstance that brings the pain. When the water gets hot, it releases the fragrance and flavor.

Credits
<http://sites.edb.utexas.edu/resilienceeducation/inspiring-stories/a-carrot-an-egg-and-a-cup-of-coffee/>
www.pngfuel.com