

Pick a rose, a thorn, and a bud

Take a moment to write down
the rose, buds and thorns

ROSES What is one “rose,” a highlight or a small success, that you are grateful for?

THORNS What is one “thorn,” a struggle or challenge, that you’ve recently faced?

BUDS What is one “bud,” a new experience or an exciting opportunity, that you are looking forward to?

