

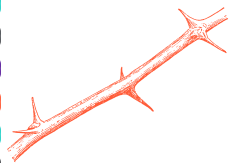
Rose, Thorn, Bud

Reflect on each day this week with intentionality using this strategy.
At the end of the week, look back on your experiences to reflect on what they have taught you.



Rose

A positive experience, small win, or something to celebrate.



Thorn

A difficult or stressful experience or a situation you need help with.



Bud

Something you are looking forward to in the near future.

Monday

Tuesday

Wednesday

Thursday

Friday