

**Handout**

# Rose, Thorn, Bud

**Directions:** Reflect on recent successes and challenges and upcoming opportunities by responding to the following “rose,” “thorn,” and “bud” prompts.

Rose	Thorn	Bud
Write about a recent highlight, success, or small win.	Write about a challenge, frustration, or something that is causing you stress.	Write about an opportunity or something that you are looking forward to.
What actions did you take that helped make your rose happen?	Where can you look for support for your thorn?	What steps can you take to help your bud flourish?