

Mindful Reflection: Share your rose, thorn and bud



Rose

A highlight, a success, or something positive that happened.

- What was a highlight today?
- How have you been successful?
- What are you most proud of?



Thorn

A challenge you experienced, or something you can use more support with.

- What was most stressful?
- Identify causes of difficulty.
- What made it hard to be successful?



Bud

New ideas or something you're looking forward to knowing or understanding more.

- What are you looking forward to?
- Describe opportunities for learning that excite you.
- What needs growth and nurturing?