

Rose, Bud, Thorn

Date _____

A two-minute pause to notice how today's going. Fill this in for yourself — there's no wrong answer.

How are you feeling today? — circle one



Rough



Low



Okay



Good



Great

♀ Rose

Something that bloomed — one good thing that happened recently.

♂ Bud

Something growing — an idea taking shape, or something you're looking forward to.

✂ Thorn

Something prickly — what's been hard, stressful, or bothering you lately.

This stays with you unless you choose to share it — turn it in, read it aloud in your circle, or keep it for yourself.