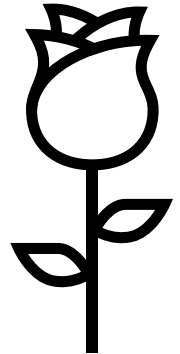


MINDFULNESS ACTIVITY

Rose, Thorn, Bud

In this activity we take time to reflect on the ups and downs we experience each day. While it can sometimes be easy for our attention to focus mostly on the toughest moments of our week, this activity helps us find a balance of noticing parts of our day that are positive and hopeful, as well as acknowledging the parts that are challenging.



Using a rose to symbolize these different parts of our experiences, take a few moments each day for one week to reflect on a Rose, Bud and Thorn.

| | Rose | Thorn | Bud |
|----|--|---|--|
| | A highlight or positive moment from your day | A challenge or difficult moment from your day | Something you're looking forward to or are getting better at |
| 1. | | | |
| 2. | | | |
| 3. | | | |
| 4. | | | |
| 5. | | | |
| 6. | | | |
| 7. | | | |