







# ROSE BUD THORN

Today you will reflect about your concerns, successes, and hopes and come up with self-affirmation statements to repeat daily to feel empowered.

ROSE		Something positive that happened this past week.
BUD		Something you are looking forward to next week.
THORN		Something you need help with within the next week.

**Step 1:** See the chart above and read over what each word means with your mentor.

**Step 2:** For a few minutes, talk with your mentor and come up with your own roses, buds, and thorns, and put them in the charts below. You can do more than one if you'd like!


ROSE		
BUD		
THORN		

THORN TO BUD \_\_\_\_\_  
 \_\_\_\_\_


**Step 3:** Would you like to share with the rest of the group?

**Step 4:** Talk with your mentor about how you can turn your thorns into a bud, or a new opportunity.


\*MORE ON BACK\*

ROSE		
BUD		
THORN		

THORN TO BUD \_\_\_\_\_

ROSE		
BUD		
THORN		

THORN TO BUD \_\_\_\_\_

ROSE		
BUD		
THORN		

THORN TO BUD \_\_\_\_\_