

Rose and Thorn

REFLECTION ACTIVITY

Like a rose made up of blossoms and thorns, life offers us a mix of beauty and challenges. Use the template below to reflect on the ups and downs of a recent experience. Write two or three sentences for each prompt.

Rose

Describe one or two positive things about this experience. What went well? How did you feel—happy, grateful, proud, hopeful?



Thorn

Describe one or two challenging things about this experience. What didn't go well? How did you feel—sad, hurt, worried, uncomfortable?



Add a Bud! Like a flower, life regularly shows new opportunities for growth. How might you learn, grow, or change as a result of this experience?
