

Rose, Bud, Thorn

THE GOAL

Take a few moments to **reflect** on where you are today.



Rose

THIS REPRESENTS:

- A *highlight* of your day.
- Something you're *grateful* for.
- A moment that *made you smile*.



Bud

THIS REPRESENTS:

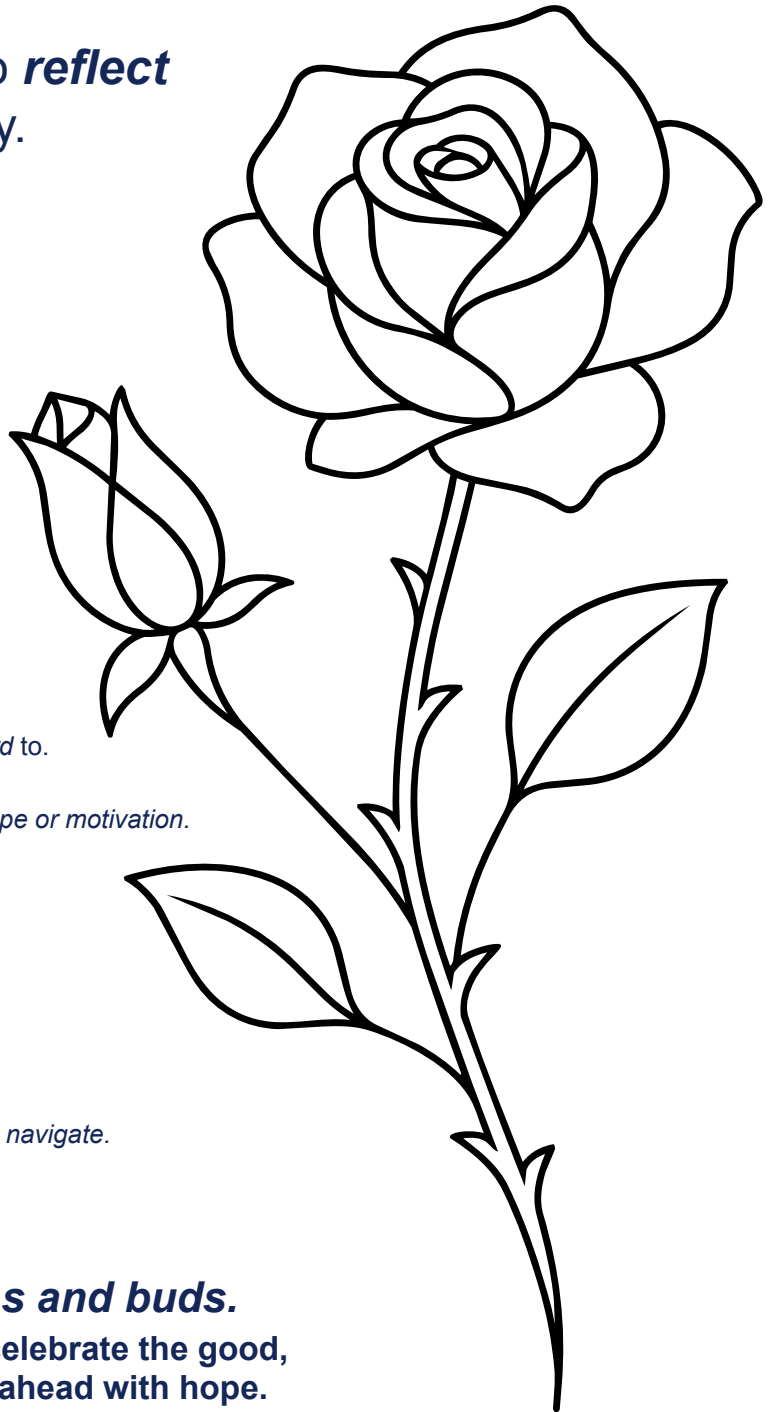
- Something you're *looking forward* to.
- A *goal* you're working towards.
- An *opportunity* that gives you *hope* or *motivation*.



Thorn

THIS REPRESENTS:

- A *challenge* you're facing.
- Something that's *causing stress*.
- A situation that's been *difficult to navigate*.



Life is a mix of **roses, thorns and buds**.

Taking time to reflect can help you **celebrate the good**,
navigate the challenges and **look ahead with hope**.

Download more resources at medshieldmind.co.za

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mind

Rose:



Bud:



Thorn: