

ROSE THORN BUD



a companion workbook
for the may episode with
nicole & julia



WHAT CAN YOU CELEBRATE FROM THE PAST MONTH?
(BIG OR SMALL!)



OVERALL, WHAT WORKED REALLY WELL FOR YOU IN
MAY?



WORD OF THE YEAR: REFLECTIONS & UPDATES



WORK

ROSE:

THORN:

BUD:



WELLNESS

ROSE:

THORN:

BUD:



WHAT FEELS MOST IMPORTANT TO YOU IN THE MONTH
AHEAD?



WHICH ASPECT OF YOURSELF OR YOUR IDENTITY
WOULD YOU LOVE TO EXPLORE IN JUNE? WHICH PART
OF YOU IS CRAVING MORE ATTENTION?



WHAT ARE 2-3 PROJECTS, TASKS, OR GOALS THAT
YOU'D LOVE TO TAKE EVEN ONE STEP FORWARD ON
IN JUNE?