

# ROSE THORN BUD



a companion workbook  
for the june episode with  
nicole & julia



DESCRIBE A MOMENT IN JUNE THAT FELT PEACEFUL  
FOR YOU.



HOW WERE YOU BRAVE IN JUNE?



## WORD OF THE YEAR: REFLECTIONS & UPDATES



## **MONEY**

ROSE:

THORN:

BUD:



## **RELATIONSHIPS**

ROSE:

THORN:

BUD:



WHAT ARE YOU GIVING YOURSELF FULL PERMISSION  
FOR IN JULY?



WHAT WOULD YOU LIKE TO TRY *NOT* DOING IN JULY?





WHAT WILL YOU BE PRACTICING IN JULY?