

ROSE THORN BUD



a companion workbook
for the july episode with
nicole & julia



WHAT DID YOU FIND YOURSELF RELYING ON MOST IN
JULY? WHAT CONSISTENTLY WORKED FOR YOU?



WHAT UNEXPECTED THINGS HAPPENED FOR YOU IN
JULY? IN WHAT WAYS WAS THE PAST MONTH
DIFFERENT FROM WHAT YOU HAD PLANNED OR
IMAGINED?



WORD OF THE YEAR: REFLECTIONS & UPDATES



WORK

ROSE:

THORN:

BUD:



WELLNESS

ROSE:

THORN:

BUD:



WHAT WOULD YOU LOVE TO INDULGE IN OVER THE
NEXT MONTH? WHAT WOULD FEEL REALLY
PLEASURABLE FOR YOU?



WHAT ARE YOU PRIORITIZING FOR AUGUST? WHAT
NEEDS TO COME FIRST?



WHAT WOULD HELP YOU TO TAKE GOOD CARE OF
YOURSELF IN THE NEXT MONTH? WHAT DO YOU NEED?