

# ROSE THORN BUD



a companion workbook  
for the sept episode with  
nicole & julia



WHAT'S SOMETHING YOU DID A GREAT JOB OF OVER  
THE PAST MONTH?



WHAT DID YOU FIND YOURSELF FEELING FRUSTRATED  
ABOUT OVER THE PAST MONTH?



## WORD OF THE YEAR: REFLECTIONS & UPDATES



## **WORK**

ROSE:

THORN:

BUD:



## **WELLNESS**

ROSE:

THORN:

BUD:



IN THE COMING MONTH: WHAT'S ONE THING YOU  
WANT TO *STOP* DOING, ONE THING YOU WANT TO  
*START* DOING, AND ONE THING YOU WANT TO  
*CONTINUE* DOING?



WHAT ARE A FEW SMALL WAYS YOU COULD MAKE  
OCTOBER FEEL MORE FUN OR PLEASURABLE?





WHAT'S ONE THING YOU REALLY HOPE WILL BE TRUE  
AT THE END OF OCTOBER?