

# ROSE THORN BUD

a companion workbook for  
the december episode  
with nic & julia





WHAT WENT WELL IN DECEMBER?



WHAT DIDN'T GO SO WELL IN DECEMBER?



## WORD OF THE YEAR: REFLECTIONS & UPDATES



## **MONEY**

ROSE:

THORN:

BUD:



## **RELATIONSHIPS**

ROSE:

THORN:

BUD:



## **WORK**

ROSE:

THORN:

BUD:



## **WELLNESS**

ROSE:

THORN:

BUD:





WHAT ARE YOU GRATEFUL TO HAVE HAD ENOUGH (OR  
MORE THAN ENOUGH) OF IN 2023?



WHAT'S ONE WISH YOU HOPE COMES TRUE FOR YOU  
IN 2024?