

ROSE THORN BUD



a companion workbook
for the april episode with
nic & julia



WHAT IS BEAUTIFUL IN YOUR LIFE RIGHT NOW?



WHAT'S ONE QUESTION THAT KEPT COMING UP FOR
YOU IN APRIL, OR THAT JUST FELT REALLY PRESENT
THROUGHOUT THE MONTH?



WORD OF THE YEAR: REFLECTIONS & UPDATES



MONEY

ROSE:

THORN:

BUD:



RELATIONSHIPS

ROSE:

THORN:

BUD:



WORK

ROSE:

THORN:

BUD:



WELL-BEING

ROSE:

THORN:

BUD:



WHAT'S SOMETHING THAT WOULD MAKE MAY FEEL LIKE
A FULFILLING MONTH FOR YOU?



WHICH ONE OR TWO THINGS, IF YOU WERE TO DO
THEM MOST DAYS IN MAY, WOULD HELP TO SUPPORT
YOU?



WHAT DO YOU WANT TO TURN YOUR LOVE AND
ATTENTION TOWARD IN MAY?