



ROSE, BUD, THORN

This activity will enable you to reflect and become more aware of the things that are happening to you and around you.

It will help you celebrate your wins, reflect on your challenges, and look forward to the future.

Rose

A highlight, a success, or something positive that happened.



- What was today's highlight?
- How have you been successful?
- What are you most proud of?

Bud

New ideas or something you're looking forward to knowing or understanding more.



- What are you looking forward to?
- Describe opportunities for learning that excite you.
- What needs growth and nurturing?

Thorn

A challenge you experienced, or something you can use more support with.



- What was most stressful?
- Identify causes of difficulty.
- What made it hard to be successful?



To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: <http://bit.ly/MNhelp>



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