

Mindful Reflection: Share your rose, thorn, and bud about the past week, the coming week, or your expectations for the club



Rose

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

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



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



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?