

ROSE-THORN-BUD

A Meaningful Way To Connect



The **ROSE - THORN - BUD framework** is a resource that helps you reflect on your day (or week), so you can celebrate your day's highlights (roses), identify growth opportunities (thorns) and appreciate what you're looking forward to experiencing (buds).

Use it as a self-reflection exercise to connect with yourself by practicing alone or use it as a conversation starter to connect with family/friends/peers. Reflect regularly, for example at the end of each day (or week, or month) to take stock or first thing in the morning (or at the start of a week/month), so you can identify learnings from the day/week before and positive actions or areas to focus on and build on progressively.

ROSE-THORN-BUD INSTRUCTIONS



The terms:

- **Rose** = a highlight, success, small win, something positive that happened
- **Thorn** = a challenge you experienced, a reaction or outcome you want to change, an area you can use more support with or need to learn about
- **Bud** = a new idea that excites you and will blossom, something you are looking forward to learning more about or experiencing

Self-reflection: write down your thoughts for each on paper. Once done, reflect on what you can learn and action based on what your wrote down

Group connection: give each participant a minute to reflect then go around one by one sharing your thoughts or reflecting on them.

ROSE-THORN-BUD WORKING SHEET

Rose = highlight

- What was a highlight today?
- What made you smile?
- What did you achieve?
- What did you overcome?
- What are you most proud of?

Thorn = lowlight

- What did you not enjoy?
- What was most stressful?
- What caused difficulty?
- What made things harder?
- What would you change?

Bud = new idea

- What do you look forward to?
- What excites or energises you?
- What are learning opportunities?
- What is something new?
- What needs nurturing?