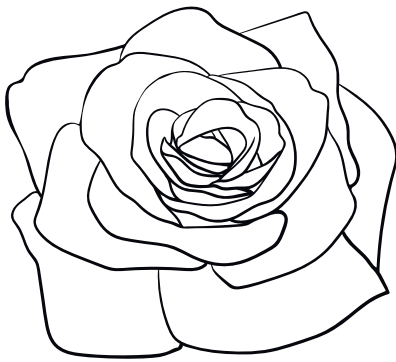


Name: \_\_\_\_\_

## BUDS AND ROSES

Think about your year so far. You've learned a lot about your strengths and about being mindful. You have blossomed in many ways. List the ways you've grown.



So far this year I have grown in the following ways:

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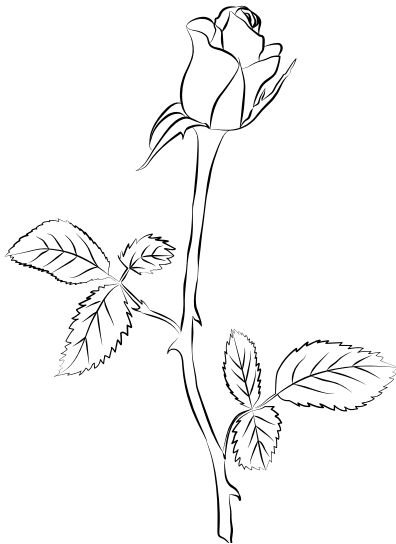
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You may also have realized that there are some areas where you are just beginning to “bud” or want to grow more. List the ways you want to grow more.

In the coming months I want to work on:

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When you've finished writing, color your bud and rose to inspire you to grow more!