

Rose, Thorn, and Bud Reflection Activity



This reflection activity allows members of a group to share what they think is going well (roses), what they view as challenges (thorns), and any new ideas, opportunities, and enthusiasm for the future (buds). Conduct this activity in whatever way works best for you—for example, ask group members to fill out the worksheet independently, or have them share thoughts aloud while someone writes them on a whiteboard. Once you have compiled all input, sort it into themes or groups to help with reflection and prioritization.

ROSE <i>A project highlight or success (no win is too small!)</i> Think about: <ul style="list-style-type: none">• What parts of the project work really well?• Which accomplishments are you proud of?• What supports your project's ability to be successful?	THORN <i>A project challenge</i> Think about: <ul style="list-style-type: none">• What parts of the project cause staff or participants the most stress?• What has caused these challenges?• What makes it hard to be successful?	BUD <i>A potential opportunity or new idea to explore</i> Think about: <ul style="list-style-type: none">• What are some opportunities for learning?• What is coming up that's exciting?• What needs more support to grow?

Adapted from: Gonzalez, Argos. (2023). *A Mindful Way to Reflect: Rose, Thorn, and Bud*. Mindful Schools. <https://www.mindfulschools.org/inspiration/mindful-reflection>

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