

Daily Reflection: Rose, Bud and Thorn

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At a dinner gathering a while ago, some friends of ours introduced us to the Rose, Bud and Thorn daily reflection activity. For those



of you who have not heard of it, it works like this: You begin by reflecting on your day. The best part of your day is considered your "Rose". The worst part of your day is your "Thorn," and your "Rosebud" or "Bud" is something you are looking forward to (either later that day, or tomorrow). From searching the web I can see that it is often used as a classroom exercise or dinner table conversation starter, where each person takes a turn to share their Rose, Bud, and Thorn.

Here are my Rose, Bud and Thorn for today:

Rose: While I was driving Chloe to preschool this morning, I was singing along to Taylor Swift. Chloe exclaimed "Mama, you and the music sound the same! I can't tell you apart at all!" Such a compliment, even from a four-year-old!

Thorn: Since Leo refuses to sit in a shopping cart, I've gone back to carrying him in the *Beco* on my back. I even gave him his beloved pacifier in the hopes of having a quiet 10 minute shopping experience. Instead, he spit the pacifier out on the floor, pulled my hair, yelled,

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purposefully spit saliva down my back and tried to bite a hole in my shirt. Seriously! My son does not like shopping. It's strange because Leo is generally easy going. Anyway, not a fun experience.

Rosebud: I'm already looking forward to the weekend. Hopefully, we'll be painting our bedroom. I've got a gallon of Benjamin Moore's Natura paint waiting at the ready!

So, what was your Rose, Bud and Thorn for the day? Be sure to ask your husband or kids and see what they have to say. You may be surprised.