

## ROSES & THORNS

One of the best ways to improve your garden is to reflect on the past. Use this simple 3-step exercise to explore successes, failures, and the changes you want to make going forward.



**Roses.** Write about gardening success – joyful moments, plants that thrived, favorite foods or flowers, and things you'd love to repeat.

**Thorns.** Write about what was difficult – failures, frustrations, areas of confusion, incorrect timing, or things you learned too late.

**Buds.** Write about opportunities. What if anything was possible? What would your yard look like? What would you love to learn or do?