

PAINTING YOUR  
ROSES RED:  
CREATING PURPOSE IN  
YOUR JOURNEY



WORKBOOK

SECTION 1: REFLECTING ON YOUR JOURNEY  
WORKSHEET 1: WHERE AM I NOW?

*INSTRUCTIONS:*

*REFLECT ON YOUR CURRENT LIFE SITUATION.*

*WHERE DO YOU STAND IN YOUR JOURNEY?*

*THIS IS ABOUT SELF-AWARENESS AND RECOGNIZING YOUR CURRENT PATH.*

What season of life am I in right now?

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What do I feel has brought me to this point in my journey?

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What are my current challenges or struggles?

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What are the positive aspects of where I am now?

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SECTION I: REFLECTING ON YOUR JOURNEY  
WORKSHEET I: WHERE AM I NOW?

*ACTIVITY*

*DRAW A MAP OF YOUR JOURNEY UP TO NOW, HIGHLIGHTING KEY POINTS WHERE YOU MADE IMPORTANT CHOICES OR FACED CHALLENGES.*

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SECTION 2: IDENTIFYING YOUR PURPOSE  
WORKSHEET 2: WHAT DOES MY ROSE LOOK LIKE?

INSTRUCTIONS:

ROSES CAN SYMBOLIZE BEAUTY, GROWTH, AND PURPOSE.  
IMAGINE YOUR PURPOSE AS A ROSE THAT YOU'RE PAINTING.  
HOW WOULD IT LOOK?

What is one thing that gives me a sense of meaning or purpose right now?

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What activities, people, or causes light me up and motivate me to keep going?

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How do I currently contribute to others or the world around me?

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What goals align with the person I want to become?

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SECTION 2: IDENTIFYING YOUR PURPOSE  
WORKSHEET 2: WHAT DOES MY ROSE LOOK LIKE?

ACTIVITY

*DRAW YOUR "ROSE OF PURPOSE." ADD PETALS THAT SYMBOLIZE DIFFERENT ASPECTS OF YOUR PURPOSE (E.G., CAREER, RELATIONSHIPS, PERSONAL GROWTH). LABEL EACH PETAL WITH A MEANINGFUL WORD OR PHRASE.*

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## SECTION 3: OVERCOMING OBSTACLES

### WORKSHEET 3: THE THORNY PATH

*INSTRUCTIONS:*

*EVERY ROSE HAS THORNS,*

*AND EVERY JOURNEY HAS OBSTACLES.*

*IDENTIFY THE CHALLENGES THAT KEEP YOU  
FROM FINDING OR PURSUING YOUR PURPOSE.*

What are the "thorns" that I encounter as I move towards my purpose?

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Are there fears or doubts that keep me from living purposefully?  
If so, what are they?

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How do I typically handle obstacles in my life?

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SECTION 3: OVERCOMING OBSTACLES

WORKSHEET 3: THE THORNY PATH

ACTIVITY

*DRAW A ROSE STEM WITH THORNS.*

*WRITE DOWN YOUR OBSTACLES NEXT TO THE THORNS.*

*THEN, NEXT TO EACH OBSTACLE,*

*WRITE HOW YOU CAN NAVIGATE OR OVERCOME IT.*

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## SECTION 4: TAKING ACTION

### WORKSHEET 4: PAINTING THE ROSES RED

*INSTRUCTIONS:*

*NOW THAT YOU HAVE IDENTIFIED YOUR  
PURPOSE AND OBSTACLES,  
IT'S TIME TO TAKE ACTION.*

*CONSIDER THE METAPHOR OF PAINTING ROSES RED—  
TRANSFORMING SITUATIONS BY CREATING MEANING  
WHERE IT MAY NOT INITIALLY SEEM TO EXIST.*

What small actions can I take each day that align with my purpose?

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What habits can I change or adopt to move closer to my goals?

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How can I continue to paint my journey with purpose, even when things feel uncertain?

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SECTION 4: TAKING ACTION

WORKSHEET 4: PAINTING THE ROSES RED

ACTIVITY

*CREATE A WEEKLY "PURPOSE PLAN."*

*WRITE OUT ONE THING YOU CAN DO EACH DAY TO CREATE PURPOSE  
IN YOUR LIFE (NO MATTER HOW SMALL).*

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## SECTION 5: GROWTH AND REFLECTION

### WORKSHEET 5: BLOSSOMING

#### INSTRUCTIONS:

*LOOK BACK AT THE JOURNEY YOU'VE MAPPED OUT IN THIS WORKBOOK.  
REFLECT ON HOW FAR YOU'VE COME AND HOW MUCH YOU'VE GROWN.*

What have I learned about myself throughout this process?

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How has my sense of purpose shifted or deepened?

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What aspects of my journey am I most proud of?

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What am I looking forward to as I continue on my path?

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# SECTION 5: GROWTH AND REFLECTION

## WORKSHEET 5: BLOSSOMING

### ACTIVITY

*WRITE A LETTER TO YOUR FUTURE SELF.*

*IMAGINE YOU'RE 5 YEARS INTO THE FUTURE, AND YOU'VE PAINTED A LIFE FULL OF PURPOSE. WHAT WOULD YOU TELL YOURSELF ABOUT HOW FAR YOU'VE COME?*

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