

Gratitude Rock

Date / Time

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None of the Above

This exercise may sound a little silly. You may be thinking, "A rock? How can a rock help me practice gratitude?"

The secret to this exercise is that the rock is just a symbol, a physical object you can use to remind yourself of what you have.

The instructions are about as simple as instructions can be: just find a rock!

gratitude rock gratitude exercises

Make sure to pick one you like, whether you like it because it's pretty, because it is smooth or has an interesting texture, or because you picked it up from a special place. If you have another small object you'd rather use instead, feel free to substitute that for the rock.

Carry this rock around in your pocket, leave it on your desk where you will see it throughout your day, or even wear it on a chain around your neck or your wrist.

Whenever you see it or touch it, pause to think about at least one thing you are **grateful** for. Whether it's something as small as the sun shining down on you in this moment or as large as the job that allows you to feed yourself or your family, just think of one thing that brings you joy or fulfillment.

When you take the stone out of your pocket or off of your body at the end of the day, take a moment to remember the things that you were grateful for throughout the day. When you put it on or in your pocket again in the morning, repeat this process to remember what you were grateful for yesterday.

Not only will this help you remember the things you are grateful for, it can also trigger a **mini-mindfulness moment** in your day. It will bring you out of your head and into the present moment, giving you something to focus your attention on. It can also act as a switch to more positive thinking. When you flip this switch multiple times a day, you will likely find that your average day has become much more positive.

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