

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: FIND A GRATITUDE ROCK



Want to improve your mood with gratitude but having difficulty remembering to practice each day? A gratitude rock can help.

Did you know that incorporating a daily gratitude practice in your day can have benefits on your mental and physical health? It may help improve your mood, self-esteem and relationships with others. Gratitude can be defined as showing appreciation for something or someone. It is acknowledging all that we feel fortunate to have in our lives.

Expressing gratitude can occur in a few minutes. One way to dive deeper into your gratitude is to think specifically about why you are grateful for the person or thing. Connecting back to the reasons you enjoy having each person or thing in your life may help you feel an even greater appreciation for all that you have. During our busy days, it is often easy to forget to practice gratitude. Having an item that serves as a daily reminder, such as a gratitude rock, may be beneficial.

Practice Gratitude Today:



1. GO FOR A WALK TO FIND YOUR ROCK; PAYING ATTENTION TO SIGHTS, SOUNDS, AND SMELLS AS YOU WALK.
2. SELECT A ROCK THAT FEELS SPECIAL TO YOU AND THAT YOU WOULD NOT MIND CARRYING WITH YOU.
3. HOLD THE ROCK IN YOUR HANDS, CLOSE YOUR EYES AND THINK OF ONE THING YOU ARE GRATEFUL FOR, SUCH AS YOUR FAMILY, HAVING FOOD, OR JOB SECURITY.
4. AFTER CHOOSING ONE THING, THINK OF UP TO FIVE REASONS YOU ARE GRATEFUL FOR IT. FOR EXAMPLE, YOU MAY BE GRATEFUL FOR FOOD BECAUSE IT FILLS YOUR STOMACH, GIVES YOU ENERGY TO RUN, AND SATISFIES YOUR TASTE BUDS.
5. KEEP THIS ROCK IN YOUR BEDROOM OR CARRY IT WITH YOU WHEREVER YOU GO.
6. EACH TIME YOU SEE IT, THINK OF ONE THING YOU ARE GRATEFUL FOR WITH UP TO 5 DETAILS.



Parent Practice Tip:

Remind your child(ren) to practice gratitude each day. At the end of a day, ask your child(ren) if they have practiced gratitude that day yet. If they have not, spend a few minutes discussing something they are grateful for and why.

To Learn More:

**[Guided Walking Meditation](#)
[Short Animated Gratitude Video](#)**

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