

# Reflection Sheet (Instructions)

## Exercise (Lesson 6)



### Gratitude Stone

One simple exercise you can try to enhance their gratitude walks is the practice of gratitude stones. Here's how to do it:

- 1. Find Your Stones:** Gather a few small stones or pebbles from your surroundings before you begin your gratitude walk.
- 2. Set Your Intention:** Hold each stone in your hand and set an intention for gratitude. Reflect on something you're grateful for—a person, a place, a quality, or a moment—and infuse the stone with this feeling of gratitude.
- 3. Carry Your Stones:** As you walk, carry the stones with you, holding them in your hand or placing them in your pocket. Each time you notice the stone, take a moment to pause and express gratitude for the blessings it represents.
- 4. Leave a Gratitude Offering:** As you near the end of your walk, consider leaving one of your gratitude stones as an offering of thanks to the natural world. Place it gently on the ground, expressing gratitude for the beauty and abundance of the earth.
- 5. Reflect and Share:** After your walk, and using the reflection sheet we have created for this exercise, take time to reflect on your experience with the gratitude stones. Consider sharing your reflections with a friend, family member, or loved one, deepening your connection and fostering a sense of shared gratitude.

By incorporating gratitude walks into your routine and practicing gratitude regularly, you can cultivate a greater sense of happiness, contentment, and well-being in your life. So lace up your shoes, step outside, and embark on a journey of gratitude and joy—it's waiting for you just beyond your doorstep.

