

Gratitude Stones

Print on whatever color paper you like. Cut out and tie to gratitude stone pouches.



✿ Gratitude Stones ✿

This little pouch of burlap holds more than rock and stone.
It's got a bit of magic for you and you alone.

How it works is simple. Put each one on display.
Somewhere you will find it as you go throughout your day.

Stick one in a kitchen drawer or on your bedroom stand.
Put one in your pocket, to keep it close at hand!

Place one on a shelf or desk. Place one in your car.
Just anywhere you'll notice it no matter where you are.

And every time you see a stone, this is what you do:
Think of something in your life that means a lot to you.

It only must be something that you seldom bring to mind.
The things you take for granted cause you have them all the time.

Make sure each thought is different (a most important part)
And take about 10 seconds to feel thankful in your heart.

And soon, before you know it, the magic will take place.
And every day you'll find you have a smile upon your face.

Who knew life could get much better by a small stone on a shelf?
But that's how being grateful works. Just try it for yourself!

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