**Gratitude rock**

Here is how to make a gratitude rock.

The first step is to find yourself a small rock. Small enough to fit in your pocket.

Wash it, dry it and decorate it.

You can decorate it with words or pictures about gratitude or decorate it with patterns and colors.

Now decide where you want to keep the rock. Ideally you want it to be somewhere you will see everyday.

Every time you see the gratitude rock, think of something that you are grateful for. This acts as a reminder and the more you do it, the more you will remember to do it

You could also keep a gratitude journal where you write in the journal each day what you are grateful for.

Have fun!