



BLESSING STONES

Blessing Stones are a creative and tangible way to remind yourself of the blessings and things you are grateful for in your life. By creating and using Blessing Stones, you can infuse your daily routine with a sense of appreciation and positivity. This worksheet will guide you through the process of making and using Blessing Stones.

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Materials Needed:

- Smooth stones or pebbles (small enough to hold comfortably)
- Permanent markers or acrylic paint
- A quiet space for reflection
- Optional: A small bag or container to store your Blessing Stones

Instructions:

1. **Reflect on Your Blessings:** Start by finding a quiet and peaceful space where you can reflect on the blessings in your life, such as love, family, health, friendships, nature, or personal achievements. You're also invited to reflect on any personal qualities you'd like to improve. This may include patience, compassion, laughter, or any other aspects of yourself you hope to refine.

By bringing awareness to these blessings and personal qualities, you're able to bring in divine intervention to amplify them in your life.

Take a few moments to think about what you want to represent with your Blessing Stones.

2. **Select Your Stones:** Pick the smooth stones you'll use for this activity. The number of stones you choose depends on how many blessings you want to focus on. You can start with a few and add more later if you like.

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3. **Decorate Your Blessing Stones:** Use permanent markers or acrylic paint to decorate your stones. On each stone, write a word or phrase that represents a blessing or something you're grateful for. These could include words like "love," "family," "health," "friends," "nature," "peace," or any other meaningful terms. Be as creative as you like in decorating your stones. Let each stone visually represent the essence of the blessing it stands for.

4. **Infuse Your Stones with Blessings:** As you decorate each stone, take a moment to infuse it with the energy of gratitude and blessings. Close your eyes, hold the stone, and think about the specific blessing it represents. Imagine the positive energy and gratitude flowing into the stone, making it a symbol of that blessing.

5. **Use Your Blessing Stones:** Keep your Blessing Stones in a place where you'll see them regularly, like on your desk, a windowsill, or in a small container or bag. Whenever you see or hold one of your stones, take a moment to reflect on the blessing it represents. Use this time for gratitude and positive thoughts. You can also carry one of your stones in your pocket or bag to keep the positive energy with you throughout the day.

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Reflection Questions:

- *How did it feel to create your Blessing Stones?*
- *Which blessings are most important to you, and which stones represent them?*
- *How does using your Blessing Stones affect your mindset and overall well-being?*