



Rock Mindfulness Exercise

1. To begin, find a rock and write or paint an inspirational word on it that has meaning to you (i.e., hope, calm, joy, focus, love). It should be light enough for you to hold in your hand without feeling too much pressure.

2. Now, hold the rock in your hand and take a few relaxing breaths. Allow yourself to become mindful of how the rock feels in your hand. Ask yourself the following questions as you are focusing on your rock:

- What temperature is the rock?
- Is it warm or cool?
- What does the weight of the rock feel like?
- Gently run your fingers over the rock. Are there any indentations on it? Or is it smooth?
- What shape is your rock?
- What is the word on your rock?
- How does the word make you feel?

3. Remember, it is only possible to focus on one thing at a time, so if your mind starts to wander during any part of this exercise, gently bring it back to focusing on the rock in your hand and the questions you are answering about this rock.

4. Now, notice any emotions or thoughts that come up while allowing yourself to be present with the rock.



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5. When you are ready, take a couple of deep, relaxing breaths and thank yourself for taking the time to be mindful of life's little moments with this special rock and allowing it to ground you in the present moment.

6. Take this rock with you wherever you go and let it be a source of strength. When life throws challenges your way or when you feel like giving up, reach in your pocket or purse and hold this rock. It will remind you that no matter what the circumstances – you can do anything! This rock is here to ground you in the present moment and to help you remember that you are capable and worthy. Whenever life knocks you down, know that you can pick up your rock and take it with you wherever you go. So, keep this rock close to your heart and let it be a source of courage, strength, and hope.