

Rock Your Intentions



Materials:


- Rock
- Outdoor Mod Podge®
- Scraps of paper with pictures and words
- Sponge or paint brush

Directions:

1. Take a mindful moment to think about an intention or goal your family would like to craft a reminder about.
 - A. Is it a character strength you are proud of? Or want to use more of?
 - B. Is it people, things or events you are grateful for and want to be more mindful when you are experiencing them?
 - C. Is it family activities you'd like to do more of? Or a vacation or other dream you want to work towards?
2. Look through The Character Effect® starter page, magazines or draw your own pictures and words! Cut out things that inspire you and your family.

3. Place the inspiring words and images on the rock and start to Mod Podge® them onto the rock. Let it dry on the plate somewhere safe!
4. Carefully place your rock somewhere you will see it often. Be present when you see it and remind yourself of your intention.

Congratulations!
Your family just experienced the power of being intentional!

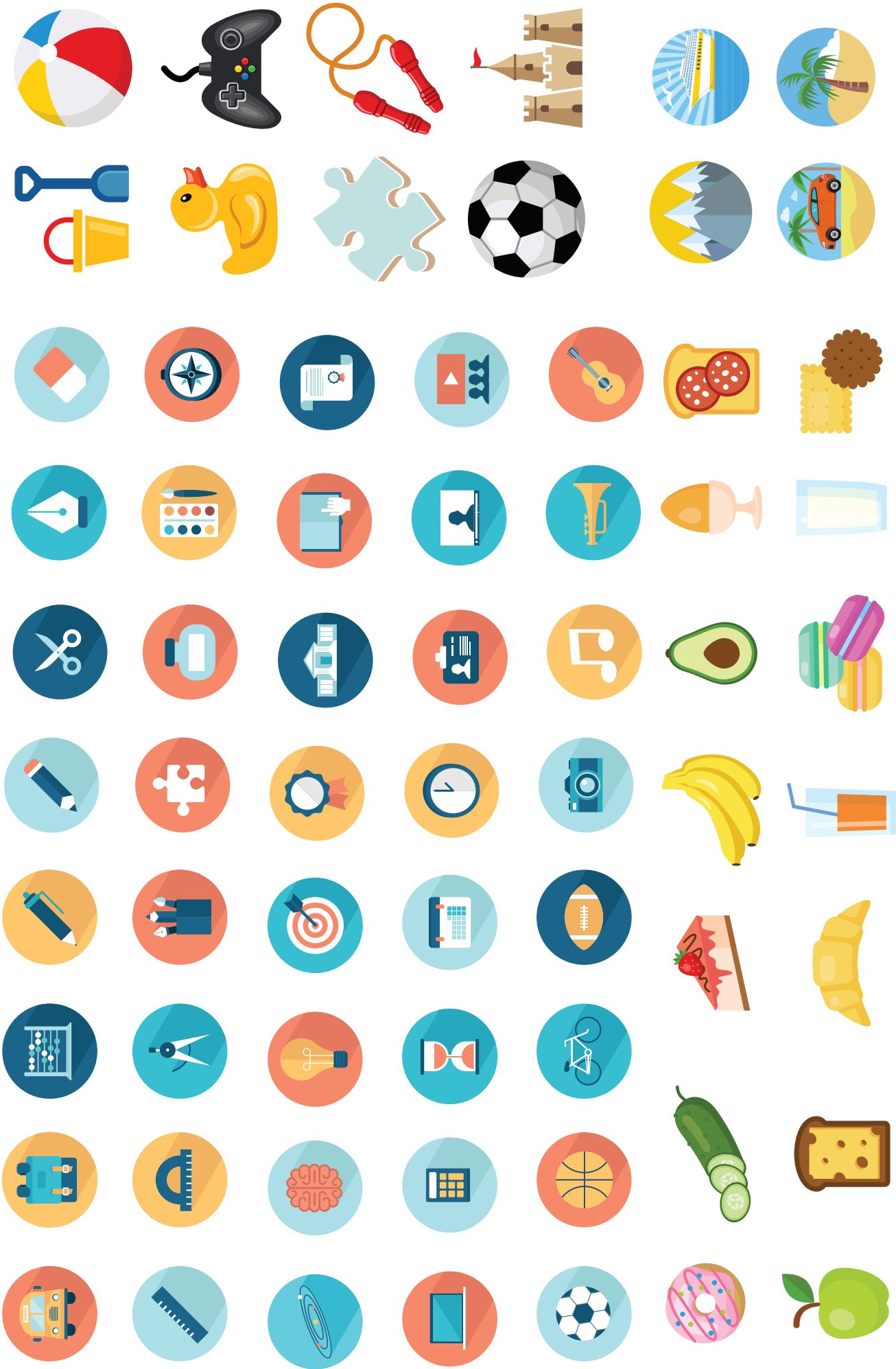

The Character Effect™
Being mindful. Building strengths. **Effect™**

Kindness
Friendship
 G^ratitude
Love
Hope
 P^erseverance
 C^REATIVITY
 C^Uriosity
 L^ove of Learning
Zest
Humor
 B^ravery
 S^elf-Control
 S^ense of Meaning
 J^Udgment
Beauty
 H^Umility
Honesty
 T^eamwork
 F^orgiveness
PRU^DENCE
Leadership
Fairness
 P^erspective



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 Building strengths.



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