LOVE & STONES



7 LITTLE THOUGHTS

a little journal for living your life

A little note from me

Every morning and every evening, I give myself a little moment. Maybe I put on my scent, mist the room or simply hold my stone. Then I give one thought a little time.

Here are seven of my thoughts, one for each day. Take them, change them, make them yours. There are no right answers, only your own.

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1 Give yourself a little moment.

2 Let your scent or your stone be the reminder.

3 Read the thought of the day.

4 Write a few words, or simply think.

love,
Lone

Begin

MORNING

What would make today feel like my day?

EVENING

What did I do today just for me?

The small moments

MORNING

Which small moment am I looking forward to today?

EVENING

What little thing made me smile today?

More of

MORNING

What do I want more of in my life?

EVENING

Where did I find a little of it today?

Letting go

MORNING

What can I leave behind today?

EVENING

What am I ready to let go of tonight?

People

MORNING

Who would I love to give a little time today?

EVENING

Who made my day better, and do they know?

Dreams

MORNING

What is one small step towards a dream?

EVENING

What did I dream about today, even for a moment?

Thankful

MORNING

What do I already have that I love?

EVENING

What am I thankful for this week?

Your own thought

The eighth day is for a thought only you know. Write it when you're ready.

Scent and stones

I believe that we create the life we want to live through the small moments that become our love story.

Love & Stones is scent and stones for those moments: candles, raw crystal diffusers and room mists, our aromatherapy body collection with roll-ons, body oils and body mists, and organic crystal skincare.

Each one carries a stone, and each stone carries its own energy. Let it be your reminder to live your life.

find your small moment

love,
Lone