

# Self Love Meditation Worksheet

## *Patient Information*

**Name:**

**Date:**

**Medical Professional:**

## **Instructions:**

- Find a quiet and comfortable space to complete this worksheet.
- Follow the guided meditation script provided below.
- Jot down your thoughts and feelings in the designated spaces during the meditation.
- Repeat the affirmations or mantras as indicated.
- After the meditation, reflect on your experience.
- Consider integrating actionable steps into your daily life.

## **Guided Meditation Script**

### **Thought Journaling**

During the meditation, note any thoughts or emotions that arise in the space below:

1.

2.

3.

### **Affirmations and Mantras**

### **Reflection**

**Actionable Steps**

**Follow-Up**