

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