Self-Love Meditation Script

Self-Love Meditation Script

Name: _____ **Date:** _____ dd / mm / yyyy

Contact Information: _____

Begin by finding a comfortable, quiet space where you won't be disturbed. Sit down, lie relaxed, close your eyes, and take a few deep breaths. This meditation is designed to help you cultivate self-love and compassion. Let's begin.

Take a deep breath through your nose and exhale slowly through your mouth. Feel yourself becoming more present with each breath. Imagine roots extending from your body into the earth, grounding you in this moment.

Grounding and Relaxation Response

Start at the top of your head and slowly scan down through your body. As you watch, notice any tension or discomfort. Breathe into those areas and release tension with each exhale. Show love and appreciation to your body for all it does for you.

Body Scan Response

Repeat these affirmations silently or out loud: 'I am worthy of love and kindness.' 'I accept myself fully, flaws and all.' 'I am enough just as I am.' 'I deserve happiness and self-care.'

Affirmations Response

Bring to mind a moment when you felt self-critical or judgmental. Imagine a close friend or loved one going through the same experience. How would you support them? Offer yourself the same compassion, understanding, and kindness.

Self-Compassion Response

Visualize a warm, radiant light in the center of your chest. This light represents your love and compassion for yourself. With each breath, allow this light to expand and fill your entire body. Feel the warmth and love permeating every cell.

Heart-Center Focus Response

Think of any past mistakes or regrets that weigh on your heart. Acknowledge them, and then let them go with forgiveness. Say to yourself, 'I forgive myself for any mistakes. I am human, and I am learning and growing.'

Forgiveness Response

Reflect on three things you appreciate about yourself. It could be your kindness, resilience, or any quality you admire in yourself. Express gratitude for these qualities within you.

Gratitude Response

Take a few deep breaths, feeling a sense of love and acceptance within yourself. When you're ready, gently open your eyes. Carry this self-love and compassion with you throughout your day.

Closing Response

Conclusion Response