

# Self Love Meditation Script

Let's begin with a guided self love affirmation meditation.

Self love is a practice. It can take time.

Be gentle with yourself if the affirmations don't feel authentic yet. Over time, you will internalize them more.

As emotions come up in the course of this meditation, do your best to acknowledge them nonjudgmentally. Treat your emotions like clouds passing by. Notice them, but let them pass.

Begin by settling into a seated position. Make sure you feel comfortable. Now, focus on your breathing. What does your breath feel like as it enters your nose, and exits your mouth?

Keep breathing. Zoom out, noticing how your entire body feels.

Are you holding any tension? Notice how your shoulders, your back, and your jaw feel. For many people, those areas tend to hold tension. If so, invite yourself to release the tension.

Don't worry if your mind starts to wander.

Just gently bring your attention back to your breath, and to the feeling of warmth and self love as you continue to take slow, deep breaths.

**Now, repeat the following self love affirmations slowly, with warmth and gentleness towards yourself:**

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*Rather than worry what others think, I choose to live my life for me.*

*In every way, I am already enough.*

*I choose to cultivate positive thoughts about myself.*

*I'm allowed to have needs and express them.*

*I choose to be kind to myself.*

*Rather than follow the expectations of others, I choose the path that's right for me.*

*I love who I used to be, who I am, and who I'm becoming.*

*When I look back on past versions of myself, I feel warmth and gratitude.*

*Taking time for self-care is not the same as being selfish.*

*Sometimes, I feel emotionally turbulent. That's okay. I allow myself to feel all feelings.*

*My own approval is worth more than the approval of others.*

*When I look at my life, it's incredible how much I've grown.*

*I walk through the world feeling loved, by myself and by others.*

*If I want to change, that's okay. But I don't have to change in order to love myself.*

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*I'm allowed to set boundaries and expect others to follow them.*

*My voice deserves to be heard, and my feelings deserve to be shared.*

*I am worthy of forgiveness. I choose to forgive myself.*

*I notice what feels like an obligation in my life, and release myself.*

*I choose to associate with people who make me feel better, and allow those who don't to drift away.*

*Although I've made mistakes, they don't define me.*

*I have something of value to give to the world just by being me.*

**When you're ready, open your eyes.**

Notice how you feel.

Bring these feelings of self love with you throughout the day and remember:

Whenever you need it, it's already inside of you.