

# METTA Meditation Worksheet

## **Introduction:**

Metta meditation is a practice that fosters love, compassion, and mindfulness. It can enhance emotional well-being and improve relationships.

## **Step 1: Self-Love**

- "May I be happy."
- "May I be healthy."
- "May I be safe."
- "May I live with ease."

## **Step 2: Loved Ones**

## **Step 3: Neutral Individuals**

## **Step 4: Challenging Individuals**

## **Reflection and Journaling**

## **Progress Tracking (Optional)**

Record progress and insights over time.

## **Conclusion**

Encouragement to make Metta meditation a regular practice.