

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.