

Self Love Meditation Scripts

These five-minute meditations are best used in a quiet, safe space, somewhere your client can sit or lie down comfortably without distractions. Encourage them to breathe deeply, close their eyes if they feel safe to do so, and let the words guide them inward.

You can:

- Read the script aloud during a session
- Record it in your voice and share the audio
- Offer it as a written guide for daily self-practice

They work beautifully as part of a morning routine, bedtime ritual, or any moment your client feels disconnected from their self-worth.



I. Coming back to yourself

A grounding meditation to reconnect to the present moment and the truth that you are already enough.

Take a deep breath in...
And let it go slowly.

As you sit here now, let your body soften. Let your shoulders drop. Let your jaw unclench.

You don't need to be anywhere else.
You don't need to do anything.

In this moment, you are enough.
Exactly as you are.

Let each breath remind you:
You are not behind.
You are not late.
You are not broken.

You are a living, breathing story still unfolding.
And you don't need to rush the ending.

Breathe in softness.
Breathe out judgment.

Let go of the pressure to fix or prove.
Let yourself just be.

Imagine yourself as a friend you love deeply.
See them sitting here, just as you are now.

What would you say to them?

Say it to yourself.

Whisper it inside:
"I am allowed to take up space."
"I am safe to be who I am."
"I am returning to me."

Breathe. And come back home to yourself.

II. Speaking to yourself like someone you love

A heart-centered practice that rewires inner dialogue through kindness.

Sit comfortably, and close your eyes if that feels right.
Place a hand over your heart, or anywhere you feel tension.

Breathe deeply, in and out.

Now, imagine someone you love unconditionally, maybe a friend, a child, or a pet.
Picture their face, their energy.

You wouldn't scold them for struggling.
You wouldn't shame them for feeling down.
You would hold them with kindness.
You would speak to them gently.

Now, turn that voice inward.

Let yourself say:
"I am learning. And that's enough."
"I am trying. And that matters."
"I don't have to be perfect to be loved."

Let those words wrap around you like a warm blanket.

Any time your mind starts to spiral or criticize, pause.
And ask:
"Would I say this to someone I love?"

If the answer is no, try again.

Whisper now:
"I am worthy of kind words."

"I am worthy of patience."

"I am worthy of my own love."

Let this moment be a practice.

A promise to yourself.

A new way of being with you.

III. You are not broken

A gentle affirmation that embraces imperfection and honors the wholeness of being.

Let your body settle. Let the ground support you.

Breathe in.

Breathe out.

There may be parts of you that feel fractured.

Wounds you carry quietly.

But listen closely.

You are not broken.

You have been hurt, yes.

You have struggled, yes.

But inside you, there is a core that has never been touched by pain.

A place that is still whole.

Still sacred.

Breathe into that place.

You don't need to earn your healing.

You don't need to hide the scars.

You can be soft *and* strong.

You can be healing *and* whole.

Let this be your truth:

"My worth is not up for debate."

"My pain is not all of me."

"I am still here. And that is beautiful."

Feel the warmth of a golden light in your chest.

It's always been there.

Let it remind you:

You are not broken.

You are becoming.