

Awareness of What You Like About Yourself

Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts? Heart? Body? None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Liking Yourself

The self-talk you engage in regularly is often unkind.

You beat yourself up, hold yourself to unrealistic standards, and focus on how to always be better.

With mindfulness, you can tune in to this voice and acknowledge these thoughts.

You can also learn to tune in to the things you like about yourself.

Even if they aren't obvious in every moment, there are parts of you that you like.

In this exercise, you will bring your awareness to these aspects of yourself to offer a more complete picture of who you are.

Close the eyes and find a comfortable posture in which to sit.

Bring your awareness to the sensation of the body breathing.

You can focus on the chest, abdomen, or nostrils.

For the first few minutes, allow the mind to settle and focus by returning your attention to the breath as many times as necessary.

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Liking Yourself

Once the mind has settled, begin by bringing something to mind that you appreciate about yourself.

Start with the body.

Ask yourself what you like about your body, and just pause to appreciate it for a moment.

It may be a physical feature, like your hair or skin, or it may be a quality, like strength or flexibility.

As something arises, stay with the experience of liking this part of yourself for a few breaths.

After a minute or two of working with the body, switch to the mind.

Look at the qualities of your brain and emotional experience.

Ask yourself what you appreciate about your brain, your insight, and your personality.

Again, simply be with the appreciation when something arises.

For the last few minutes, focus on the five traditional senses:

sight, smell, taste, hearing, and touch.

Go through each sense, recognizing the beauty and pleasure these senses have brought you.

For example, recognize that your sense of hearing has allowed you to hear the voice of a loved one.

The sense of touch has allowed you to feel the comfort of a hug.

Be with each sense, what gifts it brings you, and the appreciation.

