

Meditation teaches me about myself



Meditation gives me an opportunity to discover my true self. Observing my thoughts prepares me to live the life I really want.

I tune out distractions. My concentration grows stronger. I pay attention to how my mind works. ***I listen to my inner voice.***

I look deeper. I see beyond superficial labels and roles. I define myself in a way that goes beyond my age, gender, or profession. I focus on my core values and spiritual purpose.

I clarify my thoughts. My mind slows down.

I connect with my emotions. I embrace my feelings and begin the process of healing. I put aside judgments and regard myself with compassion. ***I love and accept myself just the way I am.***

I choose my actions instead of operating on autopilot. I remember that I am in control. I decide how to respond to whatever circumstances come my way. I devote my time to activities that are meaningful to me.

Meditation shows me how to be content and relaxed.

As I release stress and anxiety, my mind grows still and peaceful. I prove to myself that happiness comes from within rather than depending on material possessions or approval from others.

Meditation helps me to unleash my true potential. My doubts fade away. I know that I am worthy of love and success. ***I stop comparing myself to others, and work on leveraging my own unique strengths.***

Today, I sit down to meditate. I explore my thoughts and learn to appreciate myself.

Self-Reflection Questions:

1. What are 3 words that describe my authentic self?
2. How does meditation help me to view myself more positively?
3. What holds me back from looking more closely at myself?