

# TRUE-SELF MEDITATION WORKSHEET



Listen to this meditation for seven days to fully embrace its benefits. Each time you do, list the attribute you awaken, such as peace, non-judgement, unconditional love, or all-knowing. Then as you receive your personal inspiration use the attribute to create a daily affirmation.

For example:

- Self-Love - I truly glow within as a spark of the creator.
- Peace – My life is filled with peace as I embrace my own divinity.
- Unconditional Love – As I see the love in myself, I see the love in all those around me.
- All-Knowing – I look for the purpose and message in every situation.

## Day One:

Attribute: \_\_\_\_\_

Affirmation: \_\_\_\_\_

\_\_\_\_\_

## Day Two:

Attribute: \_\_\_\_\_

Affirmation: \_\_\_\_\_

\_\_\_\_\_

## Day Three:

Attribute: \_\_\_\_\_

Affirmation: \_\_\_\_\_

\_\_\_\_\_

**Day Four:**

Attribute: \_\_\_\_\_

Affirmation: \_\_\_\_\_

\_\_\_\_\_

**Day Five:**

Attribute: \_\_\_\_\_

Affirmation: \_\_\_\_\_

\_\_\_\_\_

**Day Six:**

Attribute: \_\_\_\_\_

Affirmation: \_\_\_\_\_

\_\_\_\_\_

**Day Seven:**

Attribute: \_\_\_\_\_

Affirmation: \_\_\_\_\_

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