

Client:

Date:

Loving Kindness Worksheet

Every morning, establish the intention to be kind and loving that day

Ways to focus and express kind intentions is through traditional wishes, which you can think, write down, or even sing:

May you be safe

May you be healthy

May you be happy

May you be at ease

May you be free from pain

May you be blessed

How can you modify these to make more strong feelings of love and kindness

....wishing to be safe from specific harms- inner and outer

....wishing your body be strong, vital..and specific ways in which one can be healthier in body, mind, spirit and in connection

Five types of persons you can offer kindness is to :

Benefactors,

Eg..parents, mentors, teachers, historic figures spiritual mentors

Eg- I pray to the spirit of fellow immigrants who walked ahead of me in this path

Friends -

eg...one can see friends in work, community, interest groups

Neutral people...

eg- one can send loving kindness to cash counter tellers, bus driver, fellow passengers in a bus, people waiting in a bus line

Difficult people

eg- persons in family with whom one has had difficulty, historic/political figures whom one does not agree with

and Yourself....love different aspects of yourself, one self in different ages

Source: Adapted from : Hanson, R. (2009). *Buddha's brain: The practical neuroscience of happiness, love, and wisdom*. New Harbinger Publications.