

The Table of Love

A Guided Reflection Inspired by Mel Robbins & Dr. Lisa Miller

Theme: Love, Connection, and Higher Awareness

Section 1: Setting the Scene

Imagine a long, beautiful table — a safe space filled with warmth, truth, and unconditional love.

- My table looks like: _____
- The feeling around the table is: _____
- The energy in the room feels: _____

Section 2: Who ' s at Your Table?

List the people (past, present, or imagined) who you would want sitting at your table telling you they love you just as you are.

Name / Presence	Why They ' re at Your Table	What They Would Say to You

Section 3: Invite Your Higher Self

Now imagine your Higher Self walks into the room — the version of you that is whole, wise, loving, and unshaken by fear.

- How does your Higher Self enter the space? _____
- What does your Higher Self say to you? _____
- How does their presence make you feel? _____

Reflection: What message does your Higher Self want you to carry forward today?

Section 4: Invite Your Higher Power

Now invite your Higher Power — God, Spirit, Source, or the energy of love that connects all things.

- How do you sense your Higher Power ' s presence?

- What message or reassurance do you receive?

- What shifts in you when you hear those words? -----

Journal Reflection: What truth does your Higher Power remind you of about love, worthiness, or peace?

Section 5: Integrating the Experience

You ' ve now gathered love from people, your higher self, and your higher power. Take a moment to write down your biggest insight from this exercise.

- My biggest realization:

- What I want to remember when I doubt myself:

- The affirmation that came to me:

Affirmation: “ At my table, I am surrounded by love, guided by wisdom, and supported by something greater than myself. ”

Optional Creative Add-On

Draw or collage your “ Table of Love ” below. Include faces, symbols, or colors that represent each presence. (Use this page to visualize it vividly.)