



Me in the Mirror

Show up at your very best

Remember the Michael Jackson song, 'Man in the Mirror'? This exercise is designed to help you noticing how amazing the person in your mirror is.

You will need a mirror and a picture of you as a child

Look at your eyes in the mirror. List what you love about this person? (ignoring any wrinkles or faults you might be tempted to notice). Try to fill all 12 'I love' bullets.

- | | |
|----------|----------|
| • I love | • I love |
| • I love | • I love |
| • I love | • I love |
| • I love | • I love |
| • I love | • I love |
| • I love | • I love |

Look at the eyes of the child in the photo. List what you love/d about this child? Try to fill all 12 'I love' bullets.

- | | |
|----------|----------|
| • I love | • I love |
| • I love | • I love |
| • I love | • I love |
| • I love | • I love |
| • I love | • I love |
| • I love | • I love |

What bullets matched and which have changed over time?

Which things you loved about yourself as a child could you rekindle?

How can you invite more of ALL these great things into your life?

What would it take for you to love yourself more?

If your reflection had one positive message for you right now, what would it be?





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Time to start with 'Me in the Mirror'. Write, draw or collage what you love about yourself inside the frame. Write, draw or collage what you could love MORE about yourself outside the frame.

**Things about me I choose
to love and honour more**



What action step will you commit to taking in order to love your 'Me in the Mirror' more?