

SEE YOURSELF, LOVE YOURSELF



Date: _____

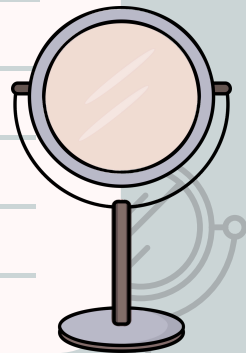
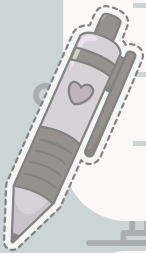
Day: _____

Month: _____

Your Mirror Work Guide

What it is:

Looking into your own eyes and speaking gentle affirmations aloud. (Write down the affirmations that resonate with you)



Why it matters:

"The relationship you have with yourself shapes every other bond in your life." (List a few aspects you love about yourself)



HOW TO BEGIN

Step-by-Step Guide:



1

Stand or sit in front of a mirror.

2

Gaze softly into your eyes (not skin, not flaws, just you).

3

Say one loving phrase: e.g., "I'm learning to love you."

4

Notice the discomfort; it's part of the process. Go gently & pause when you need to.



AFFIRMATION EXAMPLES:

**"You are
enough"**

**"I forgive
you"**

**"You are
worthy, even
on hard
days"**

3-DAY MIRROR PRACTICE

1

"Hi [your name], I'm here
with you."

2

"I see you. I accept you."

3

"You are loved. You always
have been."



*"Your reflection
is not an enemy.
It's your
beautiful true
self."*

A large, orange rectangular box with a torn paper effect on the top and bottom edges. Inside the box are four horizontal lines for writing.

