The Mirror + Mantra Challenge

BY MAXINE MALONEY
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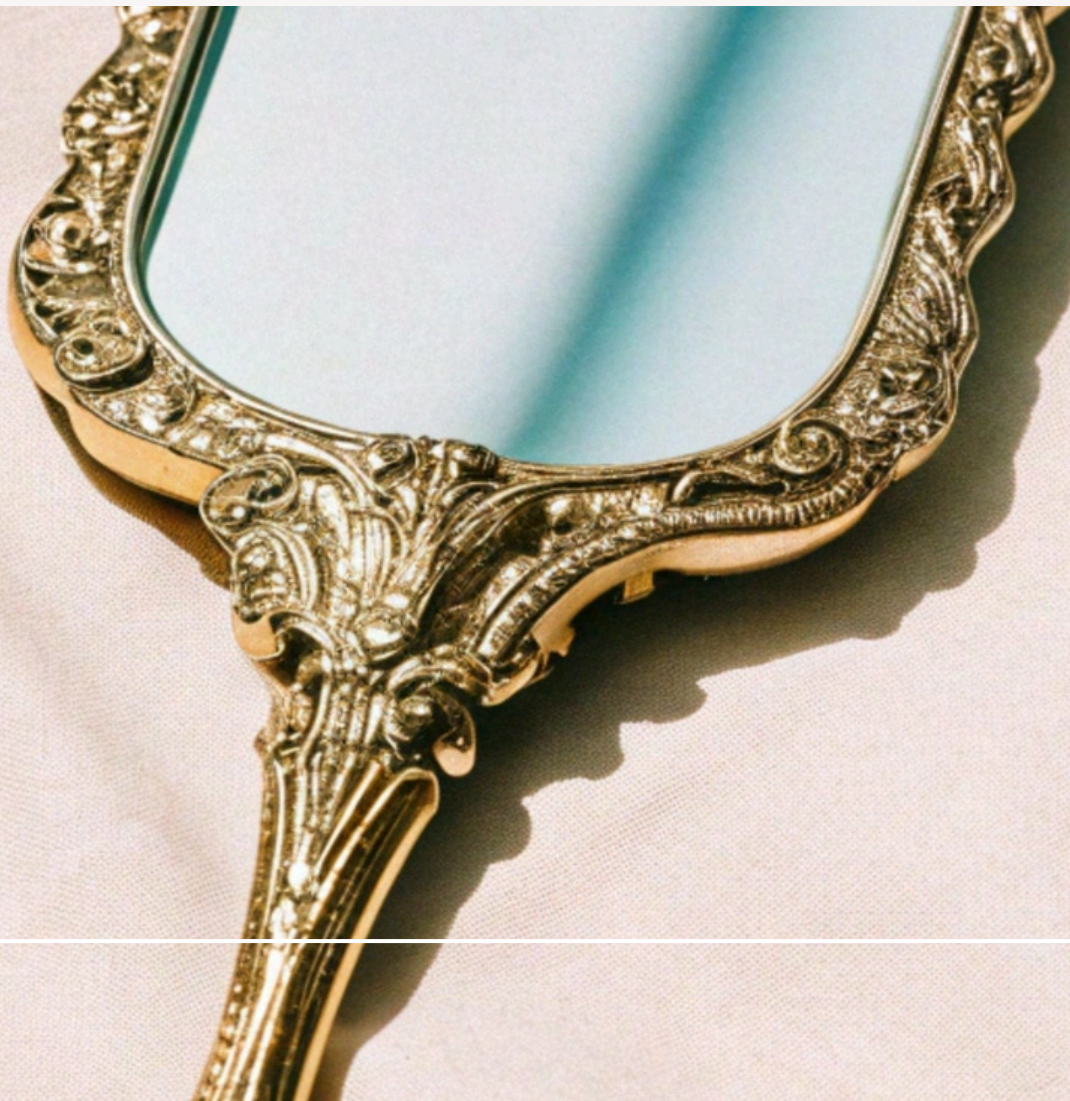
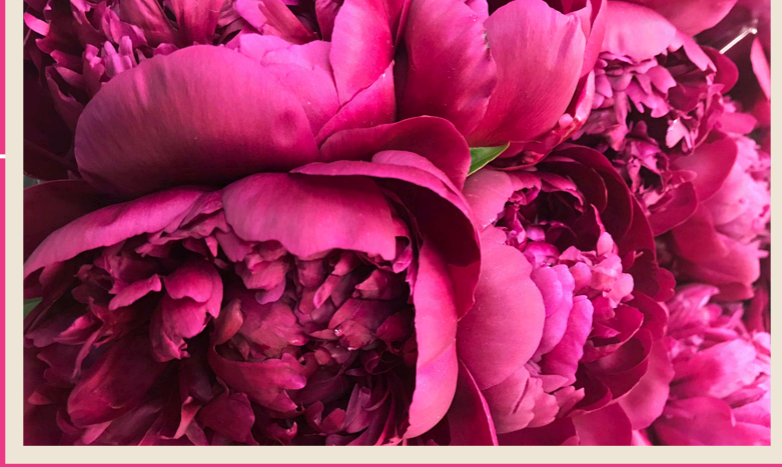# Contents

Welcome from Maxine

This challenge is your sacred pause. Your mirror moment. Your reminder that you are not becoming — you already are. Across five powerful days, we will shift how you see yourself, how you speak to yourself, and how you show up in the world.

How to Use This Workbook

☑ Commit to 10–15 minutes daily.

☑ Do the mirror work at the same time each day.

☑ Use your real reflection: unfiltered, unmasked.

☑ Be honest. Be bold. Be compassionate.

What You'll Need

- A mirror
- A pen
- Your printed workbook or device
- A quiet moment
- Your truth

01

Mirror Prompt: What do I often overlook about myself that the world needs to see?

Mantra: I am not becoming. I already am.

Mini Activation: Take a selfie. No filter. No pose. Then write what you see, not what you judge.

Power Line: I see myself clearly, and I choose visibility.

Anchor Word: Radiant

Suggested Visual: Sunrise

Leadership Anchor: What is one decision or boundary I will make this week based on today's insight?

Body Anchor: Suggested movement or posture to embody today's message.

Reframe This:

Limiting belief

Empowered truth

> "

I am not becoming. I already am.

Mirror Prompt: What titles, names, or words truly reflect who I am — not who I've been told to be?

Mantra: My identity is not up for negotiation.

Mini Activation: Write a new leadership label or name for yourself. Tape it to your mirror.

Power Line: I define me.

Anchor Word: Rooted

Suggested Visual: Tree or name tag

Leadership Anchor: What is one decision or boundary I will make this week based on today's insight?

Body Anchor: Suggested movement or posture to embody today's message.

Reframe This:

Limiting belief

Empowered truth

"

My identity is not up for negotiation.

Mirror Prompt: What belief must I adopt to lead and live like the woman I truly am?

Mantra: I am allowed to believe in more.

Mini Activation: Voice record yourself repeating today's mantra three times.

Power Line: I affirm the woman I see.

Anchor Word: Worthy

Suggested Visual: Heartbeat or soundwave

Leadership Anchor: What is one decision or boundary I will make this week based on today's insight?

Body Anchor: Suggested movement or posture to embody today's message.

Reframe This:

Limiting belief

Empowered truth

"

I am allowed to believe in more.

Mirror Prompt: What part of me have I silenced that is ready to be heard and honored?

Mantra: My truth deserves volume.

Mini Activation: Share one sentence from today's reflection on IG story.

Power Line: I speak, and I am heard.

Anchor Word: Heard

Suggested Visual: Sound icon or open mouth

Leadership Anchor: What is one decision or boundary I will make this week based on today's insight?

Body Anchor: Suggested movement or posture to embody today's message.

Reframe This:

Limiting belief

Empowered truth

"

My truth deserves volume.

05

Mirror Prompt: Who am I becoming when no one's watching — and how will I show up now that I see her clearly?

Mantra: I don't shrink. I shift.

Mini Activation: Power Walk Challenge: Dress with intention and walk with full-body presence.

Power Line: The woman I've become is ready to be seen.

Anchor Word: Unstoppable

Suggested Visual: Silhouette walking forward

Leadership Anchor: What is one decision or boundary I will make this week based on today's insight?

Body Anchor: Suggested movement or posture to embody today's message.

Reframe This:

Limiting belief

Empowered truth

"

I don't shrink. I shift.

My SHE
Power Tool Kit

My Mirror Word

_____

_____

My Favorite Daily Mantra

_____

_____

My Leadership Anchor Commitment

_____

_____

One Habit I'll Continue

_____

_____

_____

One Boundary I'll Hold

_____

_____

_____

One Dream I'm Claiming

_____

_____

_____

One Word I Release

_____

_____

_____

Letter to My Future Self

Write a letter to the woman you'll be in 90 days. Speak
to her with love, vision, and power. Seal this truth.

"

I am _____
I now know _____
I choose to lead
and live _____

Unapologetically
S.H.E
STRATEGIC HIGH ACHIEVING
EMPOWERED

Post-Challenge Practices

Your growth doesn't end here — this is only the beginning. These simple, soul-centered practices are designed to keep you connected to your mirror work, anchored in your truth, and moving forward with power.

CONTINUE THE JOURNEY

Weekly Mirror Check-in

Set aside 5–10 minutes each week to return to your reflection. Ask yourself: What do I need to see this week? Use your Anchor Word or a mantra from the challenge to guide your focus. Keep it real. Keep it present.
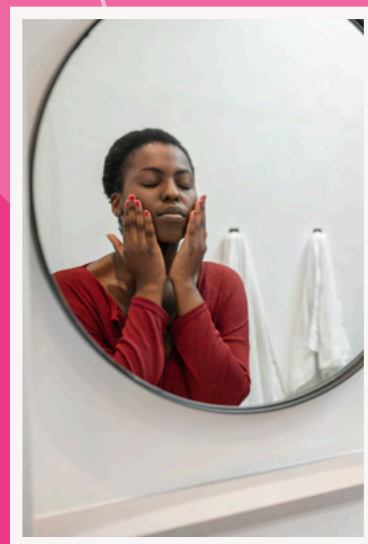
Monthly Mantra Rotation

Choose one mantra each month from the challenge (or create your own!) and place it somewhere visible — your mirror, planner, or lock screen. Speak it aloud daily. Let it shape how you lead, love, and live.

Quarterly Visibility Challenge

Every 90 days, do something bold that makes your power visible.

Ideas:
- Post a reflection or insight on social media
- Speak up in a space where you've stayed quiet
- Say yes to something that scares you
- Revisit your "Letter to My Future Self"

Final Reminder

Your mirror isn't just glass — it's a portal. Return to it as often as needed. The truth of who you are will always meet you there.

You Did It. But You're Not Done.

You showed up.
To the mirror.
To your truth.
To the version of you that no longer hides, waits, or apologizes.
This isn't the end of the challenge — it's the beginning of your realignment.
You've reclaimed your voice.
You've rewritten the story.
Now, it's time to lead like you believe it.

STAY CONNECTED

Visit us anytime at **www.unapologeticallyshe.com**
Follow us on Instagram **@unapologetically.s.h.e**

You're not just leading — you're becoming a mirror for others to rise.

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