

# *Love the Lady in the Mirror*

*By Crystal Shelton*

*Real Life Visions*

*The lady in the mirror looks back at us every single day.*

She feels what we say to her. All. The. Words.

She absorbs into her essence how we feel about her. All. The. Feelings.

Now think about when you look in the mirror. What do you say to her? What do you think about her?

If you had asked me these questions a couple of years ago, I probably would have said something like this:

I see a fat, middle aged woman, with saggy boobs. (I didn't even want to look at myself. Yuck!)

Today if you asked me those same questions, the answer is very different!

I see a beautiful and healthy blonde with expressive eyes ready to take on the world!

Ok, so what changed?

My hair? Um, yeah it changes all the time but I don't think that made a difference.

The number on the scales? Well yeah, but it goes up and down all the time.

My clothes? I change my clothes most days.

Give up what it was?

It was my mindset!!!!!!

I changed what I was looking at and paying attention to.

## **What has changed since my mindset changed and loving that lady in the mirror?**

- When I started loving her (my image and my body), she started loving me back.
- As my love and acceptance has grown, my body is changing to what I see (without any extra effort and no diets!)
- My self confidence has become more powerful.
- My relationship with my husband has become more loving and more supportive.
- The relationship with my animals are much better. They are much more attentive and attracted to me.
- My clients are more receptive and they get better results.
- I am connecting better with prospective clients.

## **Who doesn't want all of this?!?!?!?!?**

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The exercise below can be super easy or extremely difficult.

The more you practice it, the easier it will become. The more you see the good things about you, the more you will love yourself. The more you love yourself, the happier you will be in your entire life!

Now ask yourself:

Am I ready for the next version of me?

If the answer to my question is YES!

Then you definitely want to keep reading.

## **Daily Exercise:**

Turn on some music or do something that makes you really feel good.

Turn the lights down low, or burn a candle so there is only a little light.

What do you see?

- Do you see the image of your best-self there?
- Or is that negative self-talk habit coming back?

It is SOOOO much easier to see more positive physical attributes, when there is mostly a shadow or just an outline of our body.

Now...Smile at yourself in the mirror. Give yourself the energy of love. Tell yourself how great you look, or at least that you are making progress. Tell yourself "I love you and I'm sorry I have not given you the attention you deserve. I appreciate you and I am so proud how you are getting better and better every day!"

This is a game changer. The person that we see in the mirror and we feel we are, is who we become physically and mentally. Remember, the mirror lies. Focus your attention on physical attributes that you LIKE about yourself.

If we are always hard on ourselves, with no love, then all we will find and think about are the negative things about us. As you remember, where our attention goes is where our energy flows. So when we are thinking about the negative things about us, we become more negative in our entire being - mind, body and spirit. When we are thinking and saying positive things about ourselves, we become more loving and joyous in our entire being - mind, body and spirit.