

# Mirror Magic

## Learning to Love Your Reflection



### Why it Matters:

Self-love isn't just a feeling—it's a practice. The way you see and speak to yourself shapes your confidence, happiness, and self-worth. When you embrace your body, as it is, you unlock a powerful, unstoppable version of **YOU!**

### Quick Tips & Action to Hype Yourself Up:

- **Ditch the Negative Self-Talk** – That inner critic? She's old news. When a negative thought creeps in, catch it, challenge it, and flip the script! Instead of *"I hate my thighs"*, try *"My legs carry me through life, and that's incredible."*
- **Dress for Joy** – Forget **size tags** and trends—wear what makes you feel **amazing**. Rock that bold color, slip into comfy fabrics, and choose outfits that make you want to strut like you own the place.
- **Curate Your Feed** – Unfollow toxic beauty standards and follow people who celebrate all body types. Your social media should lift you up, not tear you down! Follow accounts that remind you **you're already fabulous**.
- **Mirror Affirmations** – Stand in front of the mirror **every day** and say *one kind thing* about yourself. At first, it might feel silly. But over time, your brain will start **believing** what you say.
- **Celebrate What Your Body Can DO!** – Your body is a **miracle machine**. It moves, it carries you, it keeps you alive. Whether you can dance, lift, stretch, or simply breathe—your body is working FOR you. Give it gratitude!

### Affirmations:

- *"My body is strong, beautiful, and worthy of love."*
- *"I honor, appreciate, and respect the body I have."*
- *"I don't need to change to be lovable—I am enough right now."*