

# Loving My Reflection



A Self-Love Activity by Ms Write | Flhighwithme.com

Depending on your preference, you can use mini mirrors (usually found at a discount store) or the mirror images found below.

Step 1: on the mirror, you should write down all of the negative things you think and feel about yourself.

Step 2: reflect and look at what you've written about yourself. How does it make you feel? Talk about it, feel it, express yourself.

Step 3: if using mirrors, wipe away the mirror.

If using the worksheet, move onto the 2nd mirror. Now, write the opposite thoughts and feelings to the negative things you wrote (in a positive way).

Step 4: reflect and look at what you've written about yourself. How does it make you feel now? Talk about it, feel it, believe it.

Hang this mirror somewhere you will see every day. Use it as an empowerment tool to help you boost your self-love and remind you of the magical being you are!

