

# SOMETHING TO WORK ON!



## MIRROR TIME

I believe women need a mirror to carry around with them at all times. Not just to check our make-up or to make sure there's no broccoli stuck in our teeth, but also if ever we are in doubt of who we are, we can look at ourselves for reinforcement. This has provided me with a sense of relief knowing that the person I am looking at on the other side of that mirror believes in me.

That self-assurance does not magically happen just by pulling out a mirror and staring at yourself. This develops by constantly reassuring yourself about your greatness. One way I reassure myself is through an exercise called, "Mirror Time".

Here's how it works:

Each morning when you wake up look in the mirror and say "Good morning". When you look at yourself, I want you to stare into your eyes and say it. I had to mention that because I know some will look at their hair or clothes when speaking to themselves in the mirror, and totally avoid their eyes. Eye contact is essential and very necessary for this exercise to be effective, because you need to speak into yourself, not at yourself. As you get better and more confident with it, try smiling and laughing at yourself, and then blow yourself a kiss or even wink at yourself and say, "Hey gorgeous". This may seem very elementary or even silly, because it sounds like something that can be done with ease, but there are a number of women who would find even this beginner part of the exercise quite difficult or uncomfortable. I know because I was one of them.

Next, speak positive affirmations to yourself aloud while looking directly at yourself in the mirror. Feel free to be as creative with your positive affirmations as you desire. Here are some to start you off:

- δ I am beautiful
- δ I am powerful
- δ I am amazing
- δ I am enough
- δ I am love therefore I deserve love in return
- δ I am strong and capable
- δ I am healthy
- δ I am qualified
- δ I am a money magnet
- δ I am successful
- δ I am worthy

Even if you do not necessarily feel the affirmation is true at the moment, still speak into yourself what you desire for yourself. While saying positive affirmations alone will not make your desires magically appear, when you hear something over and over again, you start to believe it, and when you believe something, you act on it.

I would love to hear how this process and other “Action of the Month” challenges have worked for you, so please feel free to drop me a line. I’m looking forward to connecting with you again next month! Let’s get started!

It’s Mirror Time!



### ONE LAST THING



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**Until Next Time.....**