



Mirror Work Exercise

1. Stand in front of a mirror where you can see your whole face or have a handheld mirror where you can see your whole face
2. Take in a deep breath and then look into your eyeballs in the mirror and say these words out loud, 'I love you (insert your name)'
3. How did that feel? For most of us, that feels weird and awkward and kind of fraud like. Do I love myself? Do you?
4. Try it again, look deeply into your eyes and say, 'I love you (insert your name)'
5. How did it feel that time?
6. Try doing this for 30 seconds daily for 30 days.

****This is not something that I created. I learned this from Louise Hay!**

This is a very powerful and healing tool.**

For more information about Louise Hay's books or programs check out:

<https://www.louisehay.com/what-is-mirror-work/>