



THE MIRROR MOMENT

A 10-Minute Self Reflection Every Leader Must Practice



A step-by-step guide
BY PAMELA MARION
Author of *Facing the Mirror*
on social media

A short intentional pause designed to bring clarity, courage, and direction back into your leadership.

Why The Mirror Matters

Most leaders don't struggle because they lack skill, intelligence, or drive. They struggle because they're leading on autopilot.

Busy schedules.

Constant expectations.

Endless decisions.

Over time, reflection gets replaced with reaction.



Mirror Moment

The Mirror Moment™ is a short, intentional pause designed to help you step out of motion and into clarity. It doesn't judge you. It doesn't fix you. It simply shows you the truth—so you can lead yourself with intention again.

This practice takes about 10 minutes.

What it reveals can change far more than that.



How to Use the Mirror Moment

1. Find a quiet space
2. Silence notifications.
3. Bring a pen or pencil (do not type this)
4. Answer honestly—not impressively

This reflection is not for sharing.

This is for seeing.

If you rush it, you miss it.

If you're honest, it works.

“ When I finally slowed down, fear got louder — but so did truth.

Pamela Marion
Facing The Mirror



important tip

Don't try to understand or solve what you write.

Your only job on this page is to notice it.

Why this works:

Reinforces awareness.

Reduces overthinking.

Matches the Mirror Moment tone.

What's Really Going On?

Answer without filtering:

Take 2-3 minutes and write freely.

- What feels heavy right now?
- Where do you feel tension, frustration, or resistance?
- What situation or responsibility drains you the most?

No editing. No fixing. Just naming.

Clarity begins when you stop minimizing what you feel.

What Giant Is Showing Up?

- Fear of failure
- Fear of disappointing others
- People-pleasing
- Perfectionism
- Avoidance disguised as busyness
- Control
- Comparison

Now Answer Honestly:

Take 2-3 minutes and write freely.

- Which of these has been influencing your decisions lately?
- How has it been showing up?



Giants gain power when they remain unnamed.

“ The questions I avoided were the ones that mattered most.

Pamela Marion
Facing The Mirror

Where Am I Avoiding Responsibility?

This may be the hardest question—and the most freeing.

Reflect honestly:

- What conversation am I delaying?
- What decision am I postponing?
- What truth do I already know but haven't acted on?

Finish this sentence in writing:

If I were completely honest with myself, I would admit that...



Ownership is the bridge between awareness and change.

“ On paper, I had it all. In my heart, I was tired.

Pamela Marion
Facing The Mirror

Who Am I Being Right Now?

Leadership isn't just what you do.
It's who you're becoming.

Answer honestly:

- Am I leading from clarity or pressure?
- Am I acting from courage or comfort?
- Am I responding—or reacting?

Then write:

The leader I want to be in this season is
someone who...



Alignment restores integrity between values and behavior.

What's One Courageous Step?

Growth doesn't require a life overhaul.

It requires one honest step.

Answer this:

What is one small, courageous action I will take in the next 48 hours?

Be specific.

Concrete.

Measurable.

Momentum follows clarity.



Mirror Moment

During the Mirror Moment™, clarity turns into momentum through action. Choose a step that reflects what you've just seen—not what feels easiest or safest. Honest movement, even in small ways, is how change begins.

The Mirror Commitment

Write this by hand:

“I commit to leading myself with honesty, courage, and clarity—even when it’s uncomfortable.”



Signature:

Date:

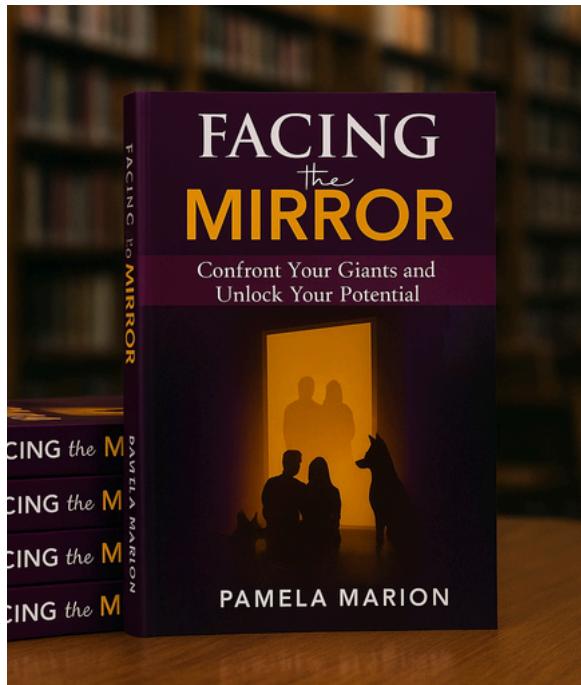
This moment matters more than you think.

If This Resonated....

The Mirror Moment™ is one practice from a larger body of work.

In Facing the Mirror, I walk with you through:

- Identifying recurring giants
- Breaking cycles that limit growth
- Building confidence rooted in truth
- Leading yourself before leading others



If this reflection stirred something in you, the book will take you deeper—at your own pace.

Continue the work when you're ready.

— Pamela Marion



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