



## Mirror Exercise

Does a voice in your head make negative comments when you look at yourself in the mirror? Make this two minute exercise a habit and that voice will be transformed, and along with it your self-confidence and happiness . . .

### **Exercise:**

At home, when you have a bit of privacy to begin with, look at yourself in the mirror. Look through new eyes.

This person is a friend of yours, someone who is very important in your life. Feel the love and gratitude you have for this person.

Think about the positive qualities she possesses: perhaps it's the way she is with her children, or the way she cares about total strangers. Maybe it's her lust for life or the way she makes people laugh that you like about her.

Now look at her physical body and notice her beauty. Have you ever truly seen her before as others see her? The colour of her eyes and the way they sparkle? The glow of her skin? The way the light reflects off her hair? The shape of her feminine curves? Spend a little while looking at her body with the wonder of a child.

Send her love as you would a dear friend that you are very fond of and admire greatly.

As you become familiar with this exercise you can do it every time you look in the mirror, wherever you are. Very quickly, it will become automatic for you to appreciate yourself and to have deep gratitude for your body. You will transform your inner critic into your inner coach, and as a result you will have more energy in all areas of your life.