

## THE MIRROR EXERCISE

While standing in front of a mirror and making eye contact with yourself...

1. Say your name.
2. Appreciate yourself for:
  - Achievements
  - Disciplines kept
  - Temptations overcome
3. Say "I love you" to yourself. Hold eye contact.
4. Take it in (receive it), breathe.

The mirror exercise is one of the simplest and most powerful self-esteem and self-confidence building exercises in the world. Its purpose is to replace the normal negative self-talk that dominates our thoughts and positive, self-affirming self-talk. It is an exercise that should be performed every night for 40 days.

Starting tonight, before going to bed, stand in front of a mirror and appreciate yourself out loud for all that you accomplished during the day. Start with a few seconds of looking into the eyes of the person in the mirror--your mirror image of your self looking back at you. Then start by saying your name, followed by appreciating yourself (out loud) for the following things:

- Any achievements (business, financial, educational, personal, emotional)
- Any personal disciplines you kept (exercise, meditation, prayer, dietary)
- Any temptations that you did not give in to (eating dessert, lying, drinking too much, staying up too late playing video games or surfing the internet, etc.)

Maintain eye contact with yourself throughout the exercise. When you are complete, end by continuing to look deep into your own eyes and say, "I love you." Then stand there for another few seconds to really feel the impact of the experience--as if you were the one in the mirror who had just listened to all the appreciation. The trick during this last part is to not just turn away from the mirror feeling embarrassed or thinking of yourself or the exercise is stupid.

**Example** Here is an example of what it might sound like.

"Steve, I want to appreciate you for the following things today. First I want to appreciate you for going to bed on time last night without staying up too late watching TV so you got up bright and early this morning and you had a really good conversation with Faith. And then you meditated for 20 minutes and positive affirmations before you took a shower. You ate a healthy low fat, low carbohydrate breakfast."

"You got to work on time and led a very good staff meeting with your support team. You did a great job of helping everyone listen to everybody's feelings and ideas."

"Let's see...oh, and then you ate a really healthy lunch--soup and salad--and you didn't have the dessert that was offered. And you drank the 10 glasses of water that you committed to drinking every day. Congratulations on that one!..."

"You stayed in a good mood all day. You didn't let other people's problems become your problems. It would have been easy to let Marsha's complaints get to you, but you didn't. You could have snapped, but you didn't. Add you didn't take anything she said personally, Good job!"