

I am amazing



# Mirror Affirmation Exercise

A GENTLE JOURNEY TOWARDS SELF-COMPASSION AND INNER CONNECTION

Welcome to your Mirror Affirmation Exercise, a gentle journey towards self-compassion and inner connection. This practice is designed to help you embrace your reflection with kindness and understanding.

## What is Mirror Affirmation?

**Mirror Affirmation** involves looking at yourself in the mirror while speaking kind, supportive statements. This exercise helps build self-acceptance and strengthens your inner connection.

*Gentle reminder:* "It may feel uncomfortable at first—that's okay."

## Before You Begin

Take a moment to ground yourself before starting:

- "Take a deep breath."
- "Notice your expression without judgment."
- "Allow yourself to be seen."

## My First Words to Myself

**Prompt:**

When I look at myself, I want to say.....

## Affirmation Builder

Complete these sentences to nurture a positive self-dialogue:

- I am learning to accept.....
- I appreciate myself for.....
- I choose to speak kindly about.....
- I am worthy of.....

# Mirror Practice Tracker

Use this tracker for 5–7 days to observe your practice:

Day	Did I practice? (Yes/No)	What I said to myself	How I felt after

---

## Gentle Reflection

Reflect on your experience with these prompts:

- “What felt hardest about this exercise?”
- “What felt comforting or new?”
- “What did I notice about myself?”

---

## Compassion Reminder:

**“The way you speak to yourself shapes how you feel about yourself. Choose gentleness.”**

---

This exercise is your personal invitation to grow in self-compassion. Let this quiet moment in front of the mirror be a source of comfort and discovery.