

# Mirror Work

Look into your own eyes in the mirror and say some positive things to yourself. There's something very powerful about looking into your own eyes as you say these things. It might feel strange at first, but you'll soon get used to it, and even start to enjoy it.

It could be things like:

'I am more than good enough'

'I enjoy speaking in public'

'I am a confident person'

'I can handle anything'

'I love you'

Write down some of your own positive statements to say to yourself in the mirror

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