

## Exercise: The Mirror Affirmation Challenge

**Objective:** To strengthen positive self-talk and boost self-esteem through direct affirmations.

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### Instructions:

1. **Find a Quiet Space**

Choose a comfortable, private place where you can stand in front of a mirror without distractions.

2. **Prepare Your Affirmations**

Write down 3-5 positive statements about yourself. Focus on qualities or achievements you're proud of, or traits you want to reinforce.

Examples:

- "I am capable of overcoming challenges."
- "I deserve happiness and success."
- "I am improving every single day."

3. **Stand Confidently**

Stand tall, with your shoulders back, and look yourself in the eyes in the mirror. This posture reinforces confidence.

4. **Speak Out Loud**

Repeat each affirmation 3 times, slowly and clearly. As you say each one, focus on the words and let them sink in. If it feels awkward at first, push through—it gets easier with practice.

5. **Add Emotions**

Say your affirmations with conviction. Imagine the emotions you'd feel if these statements were undeniably true. Smile if you can; it reinforces positivity.

6. **Reflect**

After finishing, take a deep breath and reflect on how you feel. If a negative thought arises, counter it with a positive affirmation.

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### Daily Challenge:

Do this exercise every morning for one week. Track your feelings in a journal—note any changes in mood, confidence, or the way you perceive yourself.

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**Pro Tip:** Write a unique affirmation each day to target different areas of your life. This keeps the practice fresh and adaptable to your needs.

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This exercise is a simple yet powerful way to replace self-doubt with self-compassion. Let me know how it works for you!