



**The Self-Love Mirror
Challenge**



Goal:

For 7 days, use the mirror as a tool to strengthen your self-image and confidence.

How it works:

Each day, stand in front of a mirror and complete a simple but meaningful task. It might feel uncomfortable at first, but the impact will be transformational!

7-Day Challenge:

- ✦ **Day 1:** Look into your own eyes for 1 minute—just observe without judgment.
- ✦ **Day 2:** Say out loud: “I am worthy of love and respect.”
- ✦ **Day 3:** Smile at yourself and notice how it feels to receive your own smile.
- ✦ **Day 4:** Pick a part of your body you’ve criticized before and thank it for what it does for you.
- ✦ **Day 5:** Recall a difficult moment you’ve overcome and praise yourself for your strength.
- ✦ **Day 6:** Dance or strike a powerful pose in front of the mirror—feel your energy!
- ✦ **Day 7:** Look at yourself and say: “I love myself exactly as I am.”

This simple yet deep challenge helps you build a **more loving relationship with yourself.** 💖 ✦