

Day 3 – Witness Your True Self

Theme: Mirror Work – Self-Worth & Seeing the Soul

Today we meet ourselves — not with judgment, but with love. Looking into your own eyes may feel strange at first. Let it be what it is.

The goal isn't comfort — it's honesty, presence, and soft witnessing.

✨ Today's Practice

1. Prepare Your Mirror

Find a mirror and a quiet space. Sit or stand comfortably.

2. Gaze Softly

Look into your own eyes. Just notice. Breathe.

3. Speak Aloud

Say: "I see you. You are..." and let 3 words rise.

Repeat or pause in silence — let it be a sacred moment.

4. Close with Connection

Place a hand on your heart. Maintain eye contact. Just breathe and feel.



Reflection Prompts

- *What came up as I looked into my eyes?*
- *Did I resist any part of myself?*
- *Can I hold what I saw with kindness?*



Optional Extras

- *Write down what you saw or felt — even if it was hard.*
- *Use a mirror mantra daily: “I am seen. I am enough. I am here.”*