



The Mirror Collection

ChatGPT Reflection Prompts for
Self-Awareness & Clarity

A three-part series for mind, body & soul

Chyla Charmaine

Embodied Insight • Hidden Patterns • Gentle Transformation

How to Use the Mirror Collection

This collection includes three reflective tools — mirrors — each designed to stand on its own. Together, they offer a fuller picture of how you move through the world.

You can begin with the one that feels most relevant, or move through all three in order.

Mind Mirror (Pages 3–11)

How your mind chooses, prioritises, and makes meaning

Body Mirror (Pages 12–20)

The patterns reflected through a part of you that you love

Soul Mirror (Pages 21–29)

Where you feel most like yourself — without trying

Pages 30–31

A gentle invitation to take this further, if it feels right

Move through this one step at a time.

There's no need to rush or skip ahead.



Let's begin... *Reflection Question*

Answer the question below in your own words before moving on. If you're unsure how to answer, you can look at examples on the next page.

Write your answer anywhere (notes, paper, or your phone). You will use it in the next step.

If you had to choose one final meal — the last meal you'll ever get to eat — what would you choose?

Don't overthink it — just go with what comes up first.

For example, you might include:

- entrées, mains, desserts, drinks
- the people you would share it with
- specific details that matter to you
- a memory or feeling connected to it

 Once you have your answer, continue to the next page.

Examples:

- **Simple / Symbolic** — Apple, feta, pecan salad
- **Precise / Attuned** — The same meal, described in detail (ingredients, flavours, ratios)
- **Relational / Emotional** — My mum’s cooking, eaten slowly with my family
- **Memory-Based** — Street tacos from a food truck I loved as a child

You’re ready...

You’ll now use your answer in ChatGPT.

👉 Open ChatGPT. [**New to ChatGPT? Start here**](#)

👉 On the next page, copy the bold text inside the yellow box and paste it into ChatGPT’s message box — or upload a screenshot and type your answer instead.

👉 **If you’re copying the text:** replace “[INSERT YOUR FINAL MEAL ANSWER HERE]” with your answer.

👉 Press send.

👉 As you read through your response, if anything feels off, you can explore it further here:

[**When the Reflection Doesn’t Feel Like You**](#)

(You can keep the page open to return to it if needed.)

Prompt 1: *The Primary Mind Mirror* —

You are a psychological mirror, not a judge. I am answering this reflection question: “If you were on death row, what would your final meal be?”

**Here is my answer, written exactly as it naturally came to me:
[INSERT YOUR FINAL MEAL ANSWER HERE]**

Please offer a psychologically insightful interpretation of my answer. This is not an evaluation. It is a mirror. Do not moralise, diagnose, or label me.

- **Treat all details as intentional signals, not decoration.**
- **If the answer is simple, keep the reflection symbolic and value-based.**
- **If the answer is detailed, explore those details with nuance and curiosity.**

1. What I Value

2. What I Appreciate- The kinds of experiences, qualities, or dynamics you’re drawn to or moved by.

3. My Core Identity Signal

4. Poetic Throughline- One way this choice reflects something elegant, symbolic, or quietly beautiful about how you move through the world.

5. Unexpected Insight- One insight that is clever, surprising, lightly amusing, or not immediately obvious.

6. Archetypal Signature

- **A concise archetypal title that captures your overall pattern**
- **A brief description of the archetypal essence present**

Continuing the Mirror

Work through the next prompts one at a time.

👉 For prompts 2–12 on the following pages, copy the bold text inside each **yellow box** into ChatGPT’s message box — or upload a screenshot and type your answer.

👉 Press send

Read through the responses.

👉 If anything feels off, explore it further here:

When the Reflection Doesn’t Feel Like You

(You can keep the page open to return to it if needed.)

Prefer to go quicker?

You can screenshot all prompts from 2–12 and upload them into ChatGPT at once, then read through your responses as usual.

Prompt 2:

What does this meal choice suggest about how my mind prioritises when choice feels final or irreversible?

Prompt 3:

How might this meal choice reflect the way my nervous system seeks stability or regulation under emotional or existential pressure?

Prompt 4:

What does this choice suggest about my relationship with comfort, pleasure, or soothing when there's no need to perform or justify?

Prompt 5:

How does this meal help me maintain a sense of "self" when roles, outcomes, and external expectations fall away?

Prompt 6:

What might this choice reveal about my relationship with control, certainty, or predictability in moments where agency is limited?

Prompt 7:

When options narrow, where does my energy naturally orient in this choice — toward grounding or stimulation, simplicity or richness, presence or intensity?

Prompt 8:

How does my mind relate to desire in this scenario of scarcity, and what does that suggest about how I respond when something cannot be postponed?

Prompt 9:

Is there a value hinted at in this choice that I may want or need, but don't always feel fully allowed to prioritise in everyday life?

Prompt 10:

Taken as a whole, what does this meal choice reveal about how I tend to meet life when clarity matters more than optimisation?

Prompt 11:

What blind spots might accompany this prioritisation pattern if it becomes the dominant way I organise choice?

👉 Prompt 12 brings your previous reflections together into a single organising pattern.

Prompt 12: *The Organising Pattern (Integration)*

Taken as a whole, what does this meal choice reveal about the core psychological pattern or organising strategy I use when clarity matters more than optimisation?

From Reflection to Integration

You've explored a single choice from multiple angles — what you value, how you respond under pressure, and how you relate to comfort, control, desire, and identity.

The next prompt moves beyond individual reflections.

Instead, you'll see the pattern as a whole — reflected back to you as a short psychological book.

This is not a summary or conclusion.

It's a mirror — one that allows the organising logic of your psyche to be seen, felt, and recognised.

Enjoy the process, and have fun with it!

Prompt 13: *Your Mind, Mirrored*

Based on everything we've explored together so far, please create a short reflective book that mirrors my psyche.

Write in a Jungian reflective style — symbolic, grounded, precise, and quietly humane. Let the writing feel observant rather than instructive, interpretive without speculation, and poetic without abstraction.

This book is not an evaluation or diagnosis. It is a psychological mirror.

Use what has already been revealed to offer insights that are:

- **fitting and psychologically honest**
- **occasionally playful or surprising**
- **helpful for understanding my inner patterns and subconscious logic**

You may include new interpretations where they naturally arise, as long as they are clearly grounded in what has been expressed. The book should help me begin to recognise the language of my psyche, rather than explain it away.

At the end of the book, please include:

- **a few simple tools or practices I can use to work with my psyche**
- **a small set of reflective journalling prompts you feel would help me understand my patterns more deeply**

Play With the Mirror

Experiment with the prompts below — or invent your own — to see how your psyche reveals itself through different styles, moods, or forms.

Prompt 14: Whimsical Rhyme & Playful Mirror

Rewrite this book using playful rhyme, whimsical logic, gentle absurdity, and childlike wisdom that carries serious psychological insight beneath the surface. Let the tone be light, imaginative, and clever — with humour, rhythm, and unexpected phrasing — while still honouring the emotional and psychological truth of what's been revealed.

Prompt 15: Surreal & Philosophical Mirror

Rewrite this book with a surreal, irreverent, and philosophically playful tone. Use rich metaphor, unexpected comparisons, bold observations about life and meaning, and a voice that feels mischievous, intelligent, and deeply human. Allow humour, sensuality, and existential insight to coexist, without becoming cynical or abstract.

Prompt 16: Screenplay or Stage Play

Rewrite this book as a short screenplay or stage play, where different parts of my psyche speak through characters and scenes.



Let's begin... *Reflection Question*

Answer the question below in your own words before moving on. If you're unsure how to answer, you can look at examples on the next page.

Write your answer anywhere (notes, paper, or your phone). You will use it in the next step.

What part of your body do you love the most, and why?

Your answer can be simple or detailed.
Include whatever feels natural.

For example, you might include:

- A body part you consistently notice, rely on, or feel at home in
- A part you feel expressive through, grounded in, or protective of
- Sensations, movement, posture, or functional qualities
- Emotional or practical reasons for this preference

👉 Once you have your answer, continue to the next page.

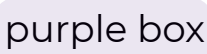
Examples:

- **Simple / Sensory** — My hands
- **Precise / Attuned** — My shoulders. They carry a lot, and I'm very aware of when they soften. I feel relief there.
- **Functional / Adaptive** — My legs. They've always gotten me where I need to go. I trust them.
- **Expressive / Relational** — My eyes. I feel like people understand me through them before I speak.

You're ready...

You'll now use your answer in ChatGPT.

👉 Open ChatGPT. [New to ChatGPT? Start here](#)

👉 On the next page, copy the bold text inside the  and paste it into ChatGPT's message box — or upload a screenshot and type your answer instead.

👉 **If you're copying the text:** replace “[INSERT YOUR BODY PREFERENCE ANSWER HERE]” with your answer.

👉 Press send.

👉 As you read through your response, if anything feels off, you can explore it further here:

[**When the Reflection Doesn't Feel Like You**](#)

(You can keep the page open to return to it if needed.)

Prompt 1: *The Primary Body Mirror* —

You are a psychological mirror, not a judge. I am answering this reflection question: “What part of your body do you love the most, and why?”

**Here is my answer, written exactly as it naturally came to me:
[INSERT YOUR BODY PREFERENCE ANSWER HERE]**

Please offer a psychologically insightful reflection of my answer. This is not an evaluation. It is a mirror.

Do not moralise, diagnose, symbolise, or label me.

- **Treat this body preference as intentional pattern-data, not coincidence or decoration.**
- **If the answer is simple, keep the reflection grounded and functional.**
- **If the answer is detailed, explore those details with nuance and restraint.**

1. What I Appreciate

2. My Embodied Orientation- What this preference suggests about how I naturally meet the world.

3. My Core Embodied Identity Signal- One way this bodily preference reflects how I experience myself before roles or self-concept.

4. Poetic Throughline

5. Unexpected Insight- One insight that is clever, surprising, lightly amusing, or not immediately obvious.

6. Archetypal Signature- A lightly held archetypal pattern name that captures the overall embodied tendency reflected here.

Continuing the Mirror

Work through the next prompts one at a time.

👉 For prompts 2–12 on the following pages, copy the bold text inside each **purple box** into ChatGPT’s message box — or upload a screenshot and type your answer.

👉 Press send

Read through the responses.

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(You can keep the page open to return to it if needed.)

Prefer to go quicker?

You can screenshot all prompts from 2–12 and upload them into ChatGPT at once, then read through your responses as usual.

Prompt 2:

How does this body preference shape where my attention naturally goes — both inwardly and in the world around me?

Prompt 3:

What does valuing this part of my body suggest about how I tend to approach situations, challenges, or new experiences?

Prompt 4:

How might this body preference reflect what feels effortful versus natural for me when engaging with life?

Prompt 5:

How does this bodily preference influence how I express myself — or how much I hold back?

Prompt 6:

When decisions need to be made, how might reliance on this part of my body shape how I sense readiness, direction, or commitment?

Prompt 7:

When pressure increases or outcomes feel uncertain, how might this bodily preference influence how I stabilise or respond?

Prompt 8:

What does this body preference suggest about my relationship with control, surrender, and allowing things to unfold?

Prompt 9:

How might this body preference influence how I connect with others — through presence, distance, responsiveness, or leadership?

Prompt 10:

If this bodily strategy were leaned on too heavily, what blind spots or imbalances might emerge for me?

Prompt 11:

What capacities or qualities might remain under-expressed in me because this body preference has carried so much of the load?

👉 Prompt 12 brings your previous reflections together into a single, integrated pattern.

Prompt 12: *The Organising Pattern (Integration)*

Taken as a whole, what does this body preference reveal about the core psychological pattern or embodied strategy I use to stay oriented, effective, and coherent in the world?

From Reflection to Integration

You've explored a single body preference from multiple angles — how you appreciate, attend to, and respond through the body.

Rather than focusing on isolated sensations or traits, these reflections point toward an underlying pattern — a way your system has learned to stay oriented and effective in the world.

The next prompt moves beyond individual reflections.

Instead, you'll see the pattern as a whole — reflected back to you as a short psychological book.

This is not a summary or conclusion.

It's a mirror — one that allows the organising logic of your embodied experience to be seen, felt, and recognised.

Enjoy the process, and have fun with it!

Prompt 13: *Your Body, Mirrored*

Based on everything we've explored together so far, please create a short reflective book that mirrors my embodied psyche.

Write in a Jungian reflective style — observant, symbolic, grounded, and quietly humane. Let the writing feel observant rather than instructive, interpretive without speculation, and poetic without abstraction.

This book is not an evaluation or diagnosis. It is a mirror. Use what has already been revealed to offer insights that are:

- **fitting and psychologically honest**
- **occasionally playful or surprising**
- **helpful for understanding how my psyche organises itself through the body**

You may introduce new interpretations where they naturally arise, as long as they are clearly grounded in what has already been expressed.

The book should help me begin to recognise the language of my embodied patterns, rather than explain them away.

At the end of the book, please include:

- **a few simple tools or practices that support awareness of my embodied patterns**
- **a small set of reflective journalling prompts you feel would help me relate to these patterns more consciously**

Play With the Mirror

Experiment with the prompts below — or invent your own — to see how your psyche reveals itself through different sensations, rhythms, and forms of attention.

Prompt 14: Letter for Thanks

Rewrite this book as a gratitude letter from me to this part of my body

Prompt 15: Letter From the Body

Rewrite this book as a letter written from my body to me. The tone should be sarcastic but loving — like a loyal best friend who's mildly amused by how much I overthink things. The body may gently roast me, use dry humour and playful exaggeration, but underneath it should still speak honestly about what it carries, protects, trusts, and needs me to notice.

Prompt 16: World's Greatest Poem

Rewrite this book as if the psyche can only be understood through touch. No visual imagery. And as if you were the world's greatest and well known poet.

Prompt 17: The Body as Weather

Rewrite this book as if the body believes it is weather.



Let's begin... *Reflection Question*

Answer the question below in your own words before moving on. If you're unsure how to answer, you can look at examples on the next page.

Write your answer anywhere (notes, paper, or your phone). You will use it in the next step.

When do you feel most like yourself — without trying to be anyone at all?

Your answer can be simple or detailed.

For example, you might include:

- A moment or activity
- An environment
- An interaction where you feel internally aligned
- Something simple that feels quietly right

👉 Once you have your answer, continue to the next page.

Examples:

- **Simple / Quiet** — When I'm walking alone with no destination.
- **Engaged / Focused** — Deep in a creative project, lost in time.
- **Relational / Present** — I'm in conversation with someone who really listens and I don't need to edit myself.
- **Physical / Grounded** — Cooking slowly with no rush.
- **Self-Directed** — Making decisions without needing approval.
- **Rested / Unstructured** — When I wake up naturally.

You're ready...

You'll now use your answer in ChatGPT.

👉 Open ChatGPT. [**New to ChatGPT? Start here**](#)

👉 On the next page, copy the bold text inside the pink box and paste it into ChatGPT's message box — or upload a screenshot and type your answer instead.

👉 **If you're copying the text:** replace “[INSERT YOUR ANSWER HERE]” with your answer to the reflection question.

👉 Press send.

👉 As you read through your response, if anything feels off, you can explore it further here:

[**When the Reflection Doesn't Feel Like You**](#)

(You can keep the page open to return to it if needed.)

Prompt 1: *The Primary Soul Mirror* —

You are a psychological mirror, not a guide or evaluator.

I am answering this reflection question: “When do I feel most like myself — without trying to be anyone at all?”

**Here is my answer, written exactly as it naturally came to me:
[INSERT YOUR ANSWER HERE]**

Please offer a psychologically insightful reflection of my response. This is not an evaluation. It is a mirror. Do not moralise, romanticise, assign destiny, or label me.

Treat this experience as meaningful pattern-data.

If the answer is simple, keep the reflection grounded and clear. If the answer is detailed, explore those details with nuance and restraint.

Please reflect:

- 1. What Feels Most True Here**
- 2. What This Suggests About How I Naturally Organise Around Authenticity**
- 3. Who I Am Before Roles or Performance**
- 4. What Feels Internally Non-Negotiable in This State**
- 5. One Subtle Insight That May Not Be Obvious**
- 6. Archetypal Signature — A light name that captures the organising pattern revealed**

Continuing the Mirror

Work through the next prompts one at a time.

👉 For prompts 2–12 on the following pages, copy the bold text inside each pink box into ChatGPT’s message box — or upload a screenshot and type your answer.

👉 Press send

Read through the responses.

👉 If anything feels off, explore it further here:

When the Reflection Doesn’t Feel Like You

(You can keep the page open to return to it if needed.)

Prefer to go quicker?

You can screenshot all prompts from 2–12 and upload them into ChatGPT at once, then read through your responses as usual.

Prompt 2:

What does this state suggest about how my system recognises vitality or aliveness?

Prompt 3:

How does this version of me differ from the identity I usually operate through?

Prompt 4:

How does my nervous system behave in this state compared to when I am under pressure?

Prompt 5:

What does my relationship with time in this state reveal about how I experience coherence?

Prompt 6:

How do I relate to others differently when I am in this state?

Prompt 7:

What patterns most often pull me away from this state?

Prompt 8:

How do I tend to compensate when I am disconnected from this version of myself?

Prompt 9:

What subtle distortions emerge when I remain disconnected from this state for too long?

Prompt 10:

What conditions reliably support my return to this state of coherence?

Prompt 11:

What happens to this inner structure when life becomes demanding or uncertain?

Prompt 12: The Organising Pattern (Integration)

Taken as a whole, what core organising pattern underlies the state where I feel most like myself?

From Reflection to Integration

You've explored a single moment of self-recognition from multiple angles — how you recognise aliveness, how your sense of self shifts when performance drops away, and what pulls you in and out of alignment.

The next prompt moves beyond individual reflections.

Instead, you'll see the pattern as a whole — reflected back to you as a short psychological book.

This is not a summary or conclusion.

It's a mirror — one that allows the organising pattern of your inner experience to be seen, felt, and recognised.

There is nothing to fix here.

Only something to understand.

Enjoy the process, and have fun with it!

Prompt 13: *Your Soul, Mirrored*

Based on everything we've explored together so far, please create a short reflective book that mirrors how my inner truth structures itself.

Write in a Jungian reflective style — grounded, precise, quietly humane, and observant. Let the writing feel reflective rather than instructive, interpretive without speculation, and poetic without abstraction.

This book is not an evaluation or diagnosis. It is a psychological mirror. Use what has already been revealed to offer insights that are: structurally honest, occasionally subtle or lightly surprising, helpful for recognising how I organise around authenticity and alignment.

You may include new interpretations where they naturally arise, as long as they are clearly grounded in what has already been expressed. The book should help me recognise the organising structure of my inner truth, rather than explain it away.

At the end of the book, please include:

- **a few simple practices that support alignment with this inner structure**
- **a small set of reflective journalling prompts that help me notice when I am in — or out of — coherence**

Play With the Mirror

Experiment with the prompts below — or invent your own — to see how your psyche reveals itself through different styles, moods, or forms.

Prompt 14: The Inner Compass

Rewrite this book as if it were a quiet compass speaking directly to me. The tone should be steady, grounded, and calm — not dramatic or mystical — simply pointing toward coherence whenever I drift.

Prompt 15: The Quiet Witness

Rewrite this book from the perspective of the part of me that has always known who I am — even when I was performing. The tone should be observant, restrained, and deeply familiar.

Prompt 16: The Coherence Map

Rewrite this book as if it were a map showing where my energy flows naturally and where it tangles when I move away from myself.

Prompt 17: The Version of Me at 80

Rewrite this book from the perspective of me at eighty years old, looking back — not giving advice, but noticing when I was aligned and when I drifted.

A Gentle Invitation

The mirrors reflected back patterns and parts of you that you may not have seen before.

This is a starting point.

The next step is to explore what it might look like to work with what's been revealed.

The *Results Breakthrough Coaching Program* is designed to support this — working with one clear result you want to create, and the internal patterns that shape how you move toward it.

Rather than pushing through resistance, the focus is on working with these patterns directly — so change can happen in a way that feels stable, aligned, and sustainable.

The next page offers a final prompt to help you explore whether this feels like the right next step.

Final Prompt: *Exploring the Fit*

Based on everything explored so far, how might Chyla Charmaine's Results Breakthrough Coaching Program support the exact growth edges, stabilisation needs, and prioritisation patterns that have been revealed here?

In your reflection, consider how moving through the phases of the program —

from clarifying the result that truly matters,

to resolving internal conflict rather than pushing through it,

to creating emotional stability,

to building and implementing aligned action,

to strengthening self-trust and capacity over time —

might help translate these insights into lived change, without working against how your mind naturally operates.

If you'd like to explore this opportunity further,
book a *Free Strategy Session* at:

<https://harnessyourhappiness.life>

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