



0427 741 691



support@karenhumphries.net.au



Wexford Close, Traralgon Victoria



karenhumphries.net.au



MIRROR GAZING

This is a simple and profoundly impactful exercise which has the power to transform your self-talk, giving voice to the loving self-acceptance that is within you.

Sometimes we fall into the habit of being unkind to ourselves with our thoughts and words without even realising we are doing it. This is often referred to as 'negative self-talk' and it can undermine our confidence and sense of self worth.

The bathroom mirror can be a hotspot for this automated and subliminal self-criticism. So it makes sense to create a ritual of positivity and self-love.

What are the benefits?

Gazing at yourself whilst repeating positive statements may feel awkward at first. But over time, this practice can transform your perception of yourself and give your self-esteem and confidence a loving boost.



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CHANTING MANTRA

How do do it?

1. Make eye contact with your reflection. Look without judgement. Send yourself love. If you have the urge to laugh, it's ok. It might feel silly at first, but stick with it.

{Please note - if this is confrontational, bring your focus to a neutral part of your face like your eye brows or the tip of your nose, and then allow yourself to focus on just that spot. After 30 seconds, choose another location on your face, and continue repeating this process until you can look yourself in the eye}.

2. Repeat affirmations that celebrate you. Compliment yourself, make positive affirmations for the day ahead, or repeat, strong and simple words like "I am enough".

3. Smile at your reflection for at least 10-30 seconds. Allow the words to kick in as the smile activates the release of serotonin.