



The Mirror Exercise

HOW TO

Every night, before going to bed, stand in front of a mirror and appreciate yourself for all that you accomplished during the day. Look deep into your eyes and hold for a few seconds. Maintain eye contact with yourself throughout the exercise.

1. Say your name.
2. Appreciate yourself by acknowledging what you did that day, like:

- **Your accomplishments and successes** - Example: "today I got a good mark on a test" or "I scored a goal in soccer"

- **Risks taken** - Example: "I introduced myself to the new student in class" or "I stood up for a kid being bullied" or "I apologized to my friend for...". A risk is anything that leaves you vulnerable.
- **Disciplines kept** - Example: "I did my homework" or "I did my chores" or "I went for a morning run"
- **Temptations resisted** - Example: "I didn't lash out when I was angry about..." or "I only ate ONE cupcake instead of 10" or "I didn't buy that thing I couldn't afford" or "I was honest instead of lying when..."
- 3. Say "I love you!" to yourself.
- 4. Take it in by taking a deep breath.

SPECIAL INSTRUCTIONS FOR TEACHERS

The mirror exercise is designed to raise self-esteem. It's a 40 day challenge that anyone can do from home. It's meant to be a private thing, but be sure to go over it with your students beforehand.

1. Read through the exercise and explain it is something for them to do at home before bed every night.
2. Talk about examples of what you would appreciate yourself for. What are accomplishments, successes, risks, disciplines kept and temptations resisted? Think of examples together. Point out they can be big or small.

Overcoming the awkwardness: It's awkward to "look deeply into your eyes and say "I love you". **BUT. It's effective.** Feel free to laugh with your students about the awkwardness. Explain that while you might feel weird or emotional, it's tremendously important for personal mental health to acknowledge successes and love ourselves. By the end of the 40 day challenge the awkwardness will pass and the students can judge for themselves how The Mirror Exercise has affected their thoughts and feelings.