

THE MIRROR EXERCISE

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Take the challenge: Every night for 40 nights.

The Mirror Exercise can be found in "The Big, Bad Bully" by Jack Canfield & Miriam Laundry



1. Stand in front of a mirror.
Say your name.



2. Appreciate yourself: List your accomplishments, successes, risks taken, disciplines kept, and temptations resisted that day.



3. Say "I love you" to yourself.



4. Take it in by taking a deep breath.

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