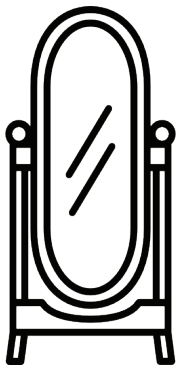


THE MIRROR EXERCISE

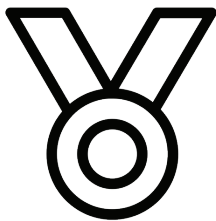
THE MIRROR EXERCISE

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.