



MIRROR EXERCISE

Personal growth is an amazing lifetime pursuit that allows us to feel fully alive. But in order to feel that way, we need to embrace who **we really are** and not run from our past.

Remember: What happened to you as a child was not your fault. Now it's time to move on. You get to be parent to yourself!

This mirror exercise is essentially a reframe after you complete your reality check and identify your old, disempowering story. It's your chance to give your wounded inner child the love and compassion that he or she so desperately needed. You get to parent yourself and take responsibility for your own emotional needs. Our parents did the best they could with the tools they had and we are grateful to them for giving us life. Now we are adults and can parent ourselves.

STEP 1. Chronologically speaking, we're adults. But most of us are being dominated by the old, disempowering stories we created when we were small children. We assigned meaning to certain childhood experiences—and that's where these stories come from. We developed protection mechanisms and continue in our adult lives being run by these stories.

Write down your old disempowering story (the one you identified in module 4.7) below.

STEP 2. Think back to when you were a little child. Think back to the earliest age you can remember a traumatic incident in your past when you felt afraid, abandoned, or criticized by those who were supposed to love you most and make you feel safe. A time when your safety and/or emotional needs were not being met. (This usually occurs at around age 3). Write down the incident as or event as best you can remember.



FINDING *the* ONE

A Clear Path to the One You are Meant to Marry

STEP 3. Looking back to that time objectively, if you could have changed the situation, how would you have recreated it? How would you have changed the situation? What would have happened? How would your parents have treated you? How would they have treated each other? What would they have said? What did you really want to hear from your parents at this time when you were so little? How would they have reacted? Use your imagination and come from the little child's perspective. Write everything you can think of down in the box below.

STEP 4. The child you were back then lives on as your inner child. And today, you get to be mother/father to yourself. From what you wrote down above, what do you want to tell that inner child today? How could you help him or her to feel better and truly loved, seen and heard? Write down your words of reassurance below.

STEP 5. Every morning and every evening, stand in front of a mirror and look into your eyes. Look into your soul. With as much compassion as possible, say your name and tell your inner child those things that you wanted to hear from your parents all those years ago—and what you want your inner child to know today.

Think back to the incident in your past when you felt afraid, abandoned, or criticized by those who were supposed to love you most.

In that case, you might say:

"[Your Name], I love you unconditionally. You are lovable and you deserve love. You are valuable, talented, and I am here for you."

"[Your Name], I will always be here for you and you can always count on me to keep you safe."



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Although this exercise might feel strange or uncomfortable at first, it will get easier as you connect to yourself more and more deeply—and realize that you can create any future you choose. You'll find it incredibly healing.

Complete the mirror exercise every day until you are engaged and let us know how it feels to do this in [the private Facebook group](#).

Feel free to request coaching from me on the next Spotlight Coaching Call.

Be sure to sign up for a [Spotlight Coaching spot HERE](#).

