

# Journey Well Mirror Work Plus Affirmations

On this 'Whatever Follows I AM Follows You' fill your name in the blank after I Love You \_\_\_\_\_ then print it, hang it on your mirror, and make this practice a forever habit.

Mirror Work-Affirmations are some of the most intense, revealing, and rewarding work that promotes self-love. With the practice of mirror work-affirmations, allow yourself grace and kindness, which includes not shaming or blaming yourself for past deficiencies. You can put the past behind and successfully move into a better, brighter world.

To begin Mirror Work-Affirmations, go to your mirror and look directly into your eyes. Initially, this is difficult to do. Many people recount their first attempt, saying they were surprised that they couldn't look into their own eyes without finding self-imposed flaws to criticize. If this happens to you, don't judge yourself, only notice. If there's a release of tears, let them flow. It's all part of the process to begin finding and loving the beautiful person within. The True YOU. Next, say I love you followed by your name and a positive affirmation. Saying I love you to yourself may be awkward and uncomfortable the first few times. Make this part of your routine. We recommend doing it as often as you brush your teeth. Excellent mind hygiene is essential to becoming the best version of you!

Whatever Follows I AM Follows You

Look in the mirror & say I Love You \_\_\_\_\_

I am Aware that MY Thoughts Create MY Reality

I am Brave

I am Confident

I am Determined

I am Energized

I am Fearless

I am Grateful

I am Healthy

I Love You \_\_\_\_\_

I am Inspired

I am Journeying Well

I am Kind

I am Lovable

I am More Than Enough

I am Nurturing

I am Optimistic

I am Powerful

I Love You \_\_\_\_\_

I am Quirky

I am Resilient

I am Successful

I am Tenacious

I am Undaunted

I am Valued

I am Worthy

I am Xtraordinaire

I am YES!

I am Zealous

I Love You \_\_\_\_\_