

APPRECIATING YOURSELF – MIRROR EXERCISE

from Janet Hilts

This exercise is best to do at the end of the day, just before bedtime, when your day is still fresh in your mind.

First, look yourself straight in the eye for a few seconds. Maintain eye contact throughout the exercise. Tap around the points as you talk.

Then say, “(Your name), I appreciate you for the following things,” and follow up with:

- any accomplishments – personal, emotional, business, financial, educational, household, spiritual, interpersonal, etc.
- any personal disciplines you stuck with – dietary, exercise, meditation, prayer, study, etc.
- any temptations refrained from – staying up too late, watching excess TV, that second brownie, etc.

Finish by saying, ““(Your name), I love you,” and continue looking into your eyes for a few extra seconds.

Now go to bed, filled with good feelings and beneficial neuropeptides flowing through your bloodstream!

It could sound something like this: “Janet, I appreciate you for the following things today: You got up early and did your spiritual practices. You ignored your craving for a sausage croissant and ate a healthy breakfast, and went to the Y and had a good workout. You had a good talk with Jackie and were honest with her. It made you both feel better to clear the air. You got those packages in the mail. You contacted the Yoga House about workshop space. You gathered your notes to write the new program and put great TLC into it. You checked on the size for Jim’s birthday gift, and will really be getting him something he wants. You wrote some great copy for your website. You called Robin back to reschedule. You answered all your emails. You called the new graphic designer and started a good relationship with her.”....., etc.