

MIRROR TALKS

Cultivating Self-Compassion through genuine affirmations

MirrorTalks are your daily opportunity to nurture self-compassion and cultivate a more positive state of emotional resilience. Practicing starting our mornings with a couple self-affirmations in front of the mirror, helps you shift your focus from looking for evidence for self-criticism to evidence for self-compassion and self-appreciation.

FORMAT

- **Present Tense:** Phrase your affirmations in the present tense, as if they are already true. For example, use “I am” rather than “I will be.”
- **First Person:** Always use the first-person perspective, referring to yourself as “I,” “me,” or “myself.” This helps you internalize the affirmation.
- **Positivity:** Ensure that your affirmations are positive and uplifting. Avoid backhanded compliments or negative phrasing.
- **Specificity:** Be specific in your affirmations. Instead of vague, sweeping statements, highlight particular instances or actions. Avoid statements of future positive intentions.
- **Timeliness:** While it's okay to affirm past achievements, focus on recent events to keep your affirmations relevant and impactful.
- **Emphasize Character & Intentions:** Celebrate instances that showcase your character and intentions over mere achievements. This shifts the focus from external success to internal qualities.
- **Make eye contact:** It can feel awkward, however the effects are undeniable. Practice daily!

EXAMPLES

1. “I am proud of myself when I notice how much effort I made to be present in the difficult discussion at work yesterday.”
2. “I like that I am investing time into my inner health by doing morning rituals, I appreciate my efforts when I see the impact they have on my loved ones.”

SOME AREAS TO PRACTICE AFFIRMATIONS:

Personal Qualities	Self-Care	Values and Principles
Achievements	Skills and Abilities	Emotions
Relationships	Mindset and Attitude	Life Journey

SENTENCE STARTERS

Here are some sentence starters to get you going:

- “I am proud of myself when I...”
- “I am grateful that I...”
- “I am impressed by my ability to...”
- “I admire the way I...”
- “I feel empowered when...”
- “I notice that I now accept that...”
- “I appreciate that I can always be counted on to...”
- “I show I have integrity by...”
- “I can see integrity/kindness/etc. is important to me because...”
- “I am a great friend/partner/etc. because I...”
- “I see the positive steps I’ve been taking in...”
- “I notice I am learning to be more...”
- “I am an excellent...”
- “I have a knack for...”