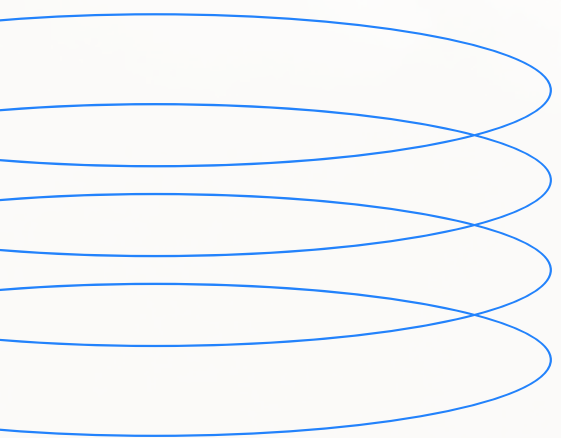
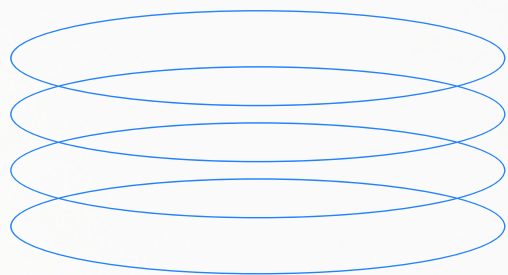


AFFIRMATION MIRROR WORK

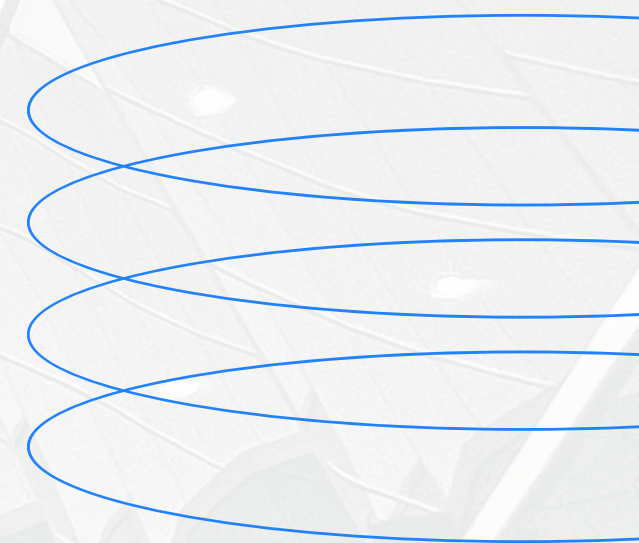
into Achievable Wins

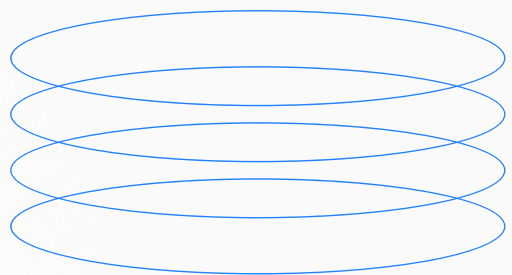




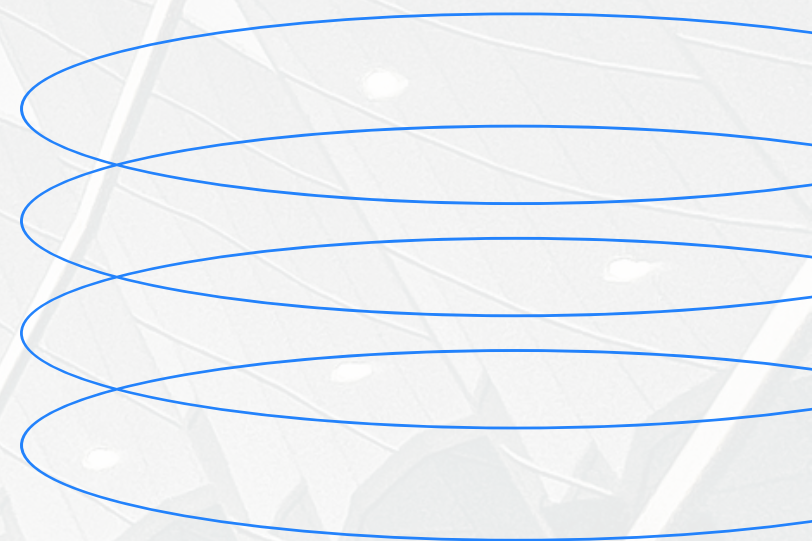
WELCOME TO LIFE HACK NO. 7

Affirmation Mirror Work

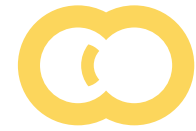




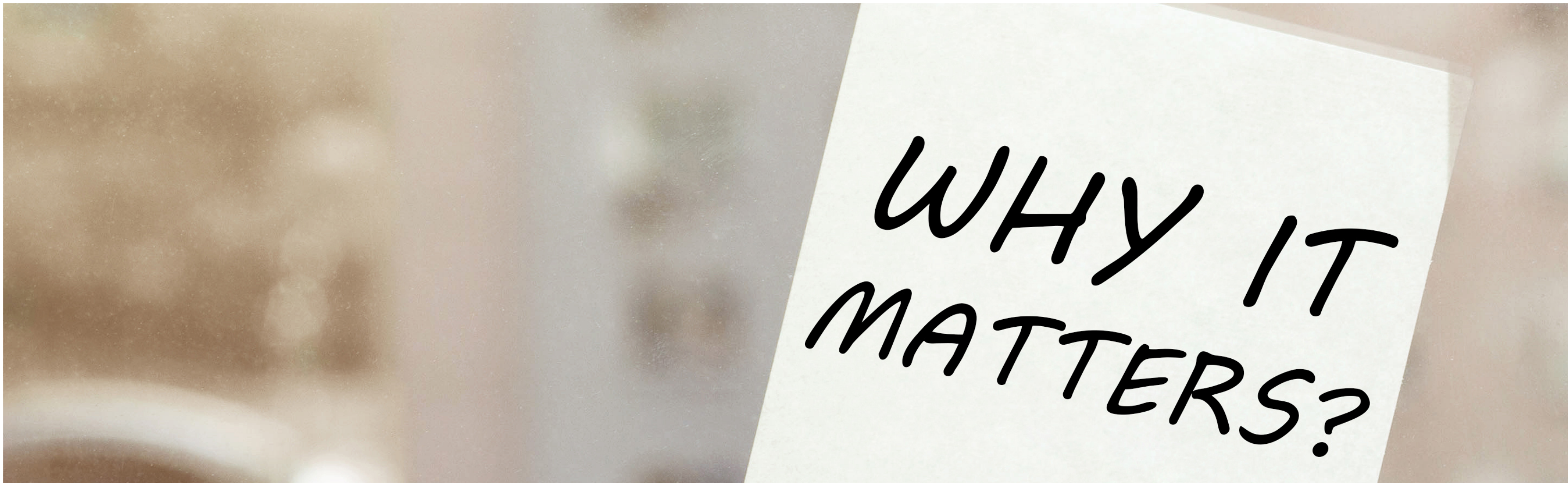
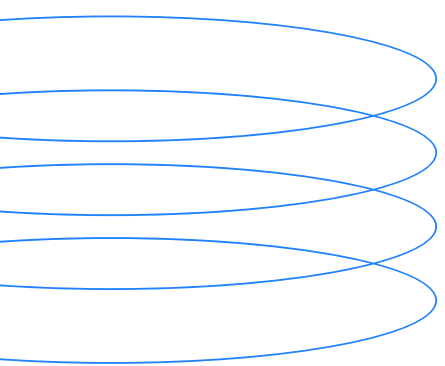
*Transform your mindset by
speaking to yourself with love
and belief.*

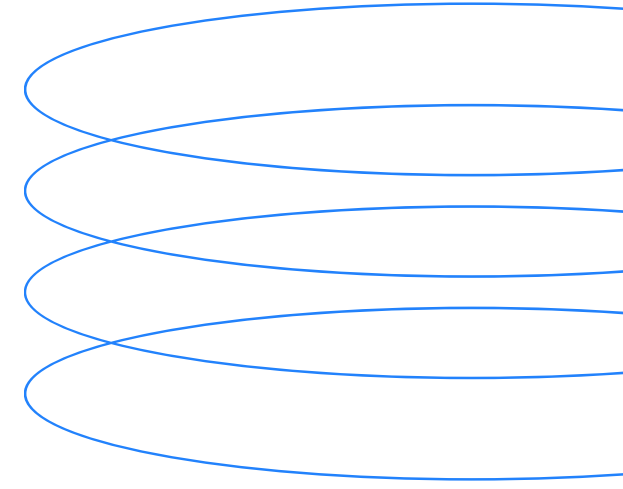


WHY MIRROR WORK MATTERS



- Builds self-worth and confidence.
- Rewires subconscious limiting beliefs.
- Enhances self-love and emotional healing.





**Louise Hay popularized
mirror work for healing
and personal
transformation.**

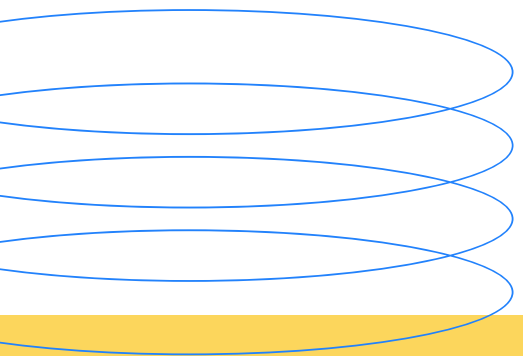


WHAT IS AFFIRMATION MIRROR WORK?

- Speaking positive affirmations aloud while looking into your eyes in the mirror.
- Creates deep internal connection.
- Makes affirmations more impactful and emotional.



**Eye contact with yourself
builds authenticity.**





End by smiling or placing your hand on your heart.

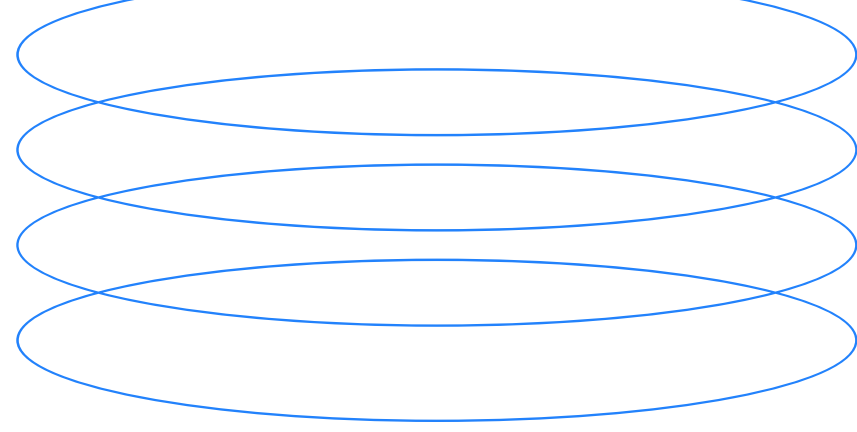
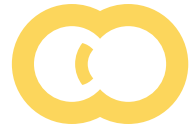


Step

HOW TO DO IT (STEP-BY-STEP)

- Stand in front of a mirror alone.
- Make eye contact with yourself.
- Speak affirmations slowly and meaningfully.
- Repeat each one 3–5 times.
- Feel the words as truth.





Step

SAMPLE AFFIRMATIONS TO USE

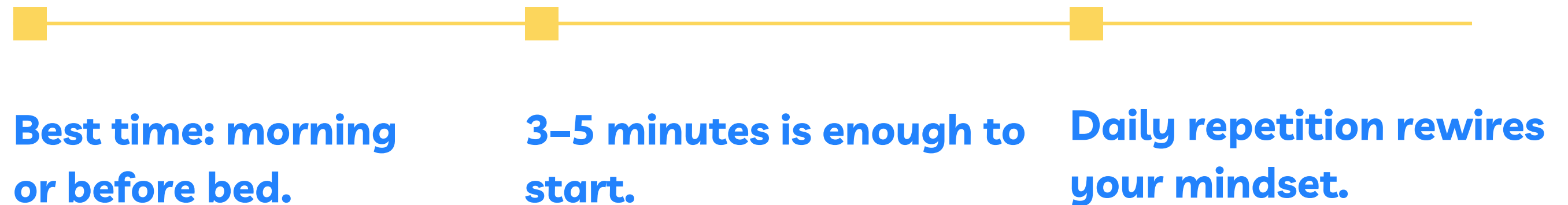
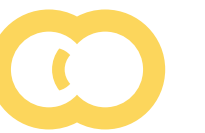
***Customize affirmations
based on what you
need most.***

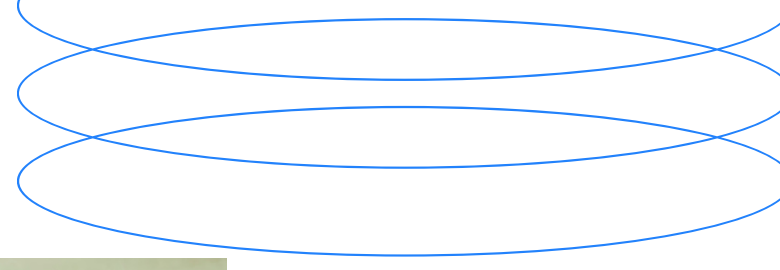


- ***“I am enough.”***
- ***“I love and accept myself.”***
- ***“I believe in my journey.”***
- ***“I am healing and growing every day.”***
- ***“I deserve happiness and peace.”***



Step **WHEN AND HOW OFTEN TO PRACTICE**





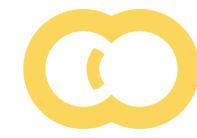
- ***Stronger self-worth and confidence***
- ***Decreased negative self-talk***
- ***Emotional resilience***
- ***Greater self-acceptance***

Step
REAL BENEFITS OVER TIME



You start showing up with authenticity in life.

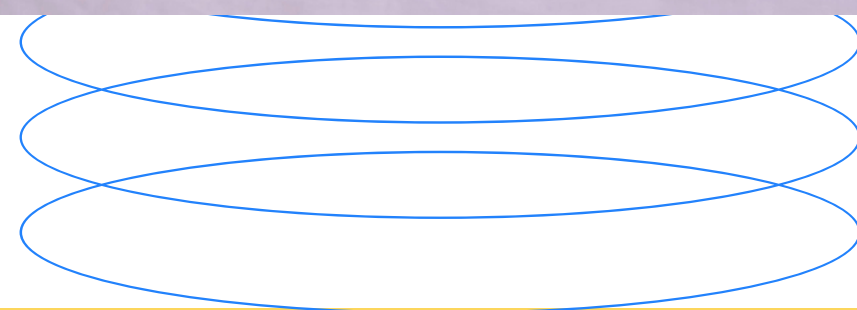




CONCLUSION

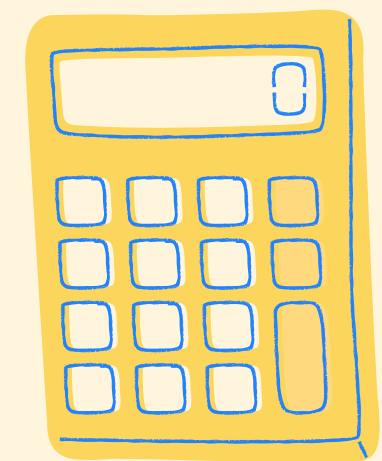
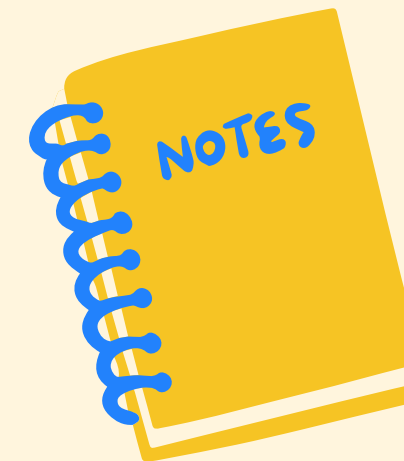
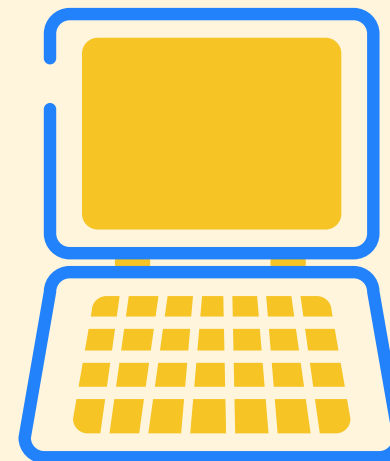
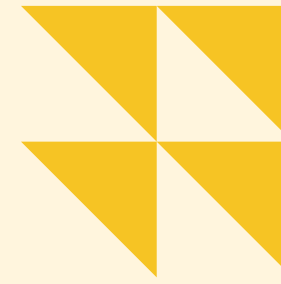
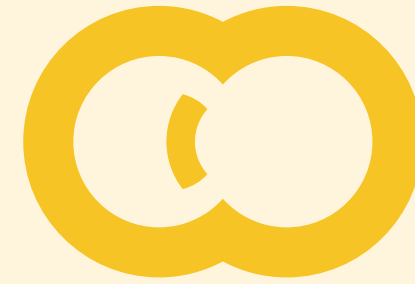
Speak to Yourself with Love

- You are your first relationship.
- Words carry the power to heal.
- Mirror work teaches you to believe in YOU.



***The most powerful
affirmations are the ones
said to your own soul.***

*“The way you speak to
yourself becomes your inner
world.”*



YOUR TURN!



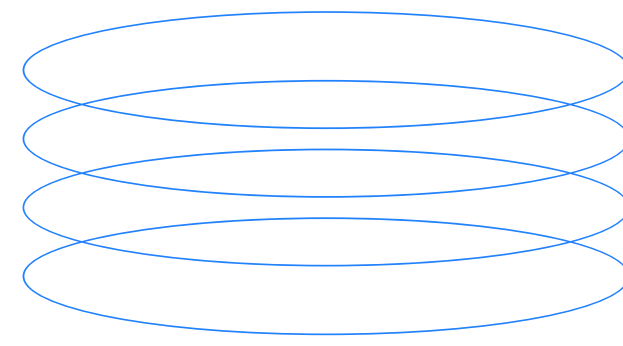
Try it daily for 7 days and note how you feel.

COMMON CHALLENGES

- ***FEELING AWKWARD OR FAKE AT FIRST.***
- ***EMOTIONAL REACTIONS (TEARS, RESISTANCE).***
- ***DOUBTING THE AFFIRMATIONS.***



THANK YOU & STAY CONNECTED!



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- Follow Us: @swasthyabykinjal on Instagram & YouTube

Affirmation Mirror Work

