

Reflect & Connect Coaching Companion

Seven gentle invitations to love yourself

These seven exercises are designed to be practised over seven consecutive days and then repeated throughout the month, as often as you wish.

Each day, find a quiet moment when you can be with yourself without interruption. Stand or sit comfortably in front of a mirror and gently look into your own eyes for 1–3 minutes while repeating the affirmation for that day.

Take your time. Notice what comes up without judging yourself or trying to make the experience different. You might feel comfortable, emotional, uncertain or even a little amused. Whatever arises, allow yourself to meet it with kindness.

You don't need to force yourself to believe the words or feel anything in particular. The intention is simply to pause, connect with yourself and become more aware of the relationship you have with the person looking back at you.

If looking directly into your eyes feels uncomfortable, you can begin with shorter moments and gradually build up to 1–3 minutes, or practise the affirmation in another way that feels comfortable for you.

Day 1: Willingness

Today's affirmation

> **“I am willing to learn to love you.”**

Your mirror work practice

Find a quiet moment and stand or sit comfortably in front of a mirror. Gently look into your own eyes for 1–3 minutes.

Allow yourself to be present with the person looking back at you. Notice any thoughts, feelings or sensations that arise, without trying to change them.

As you look into your eyes, gently repeat:

“I am willing to learn to love you.”

You don't have to feel love straight away or convince yourself of anything. Simply allow yourself to be open to the possibility that a kinder relationship with yourself is available.

Today, you are not making a promise to become someone different. You are making space to get to know and appreciate the person you already are.

Reflection

What feelings or thoughts arise when I look into my own eyes?

What would it mean to be willing to treat myself with a little more kindness?

Day 2: Acceptance

Today's affirmation

> **“I love and accept you exactly as you are.”**

Your mirror work practice

Take a few gentle breaths before looking into your own eyes in the mirror for 1–3 minutes.

Notice your expression and allow yourself to be seen, just as you are in this moment. You don't need to smile, look happy or present a particular version of yourself. As you continue looking into your eyes, gently repeat:

“I love and accept you exactly as you are.”

We often place conditions on our own happiness and self-worth. We tell ourselves we will feel better when we look different, achieve more, become more confident or finally get everything right.

What if you could begin offering yourself acceptance today, without waiting for anything to change?

You are allowed to be a work in progress and still be worthy of kindness.

Reflection

Where do I place conditions on accepting myself?

What might I allow myself to accept, just as it is, today?

Day 3: Expressing Love

Today's affirmation

“I love you, I really, really love you!”

Your mirror work practice

Find your mirror and gently look into your own eyes for 1–3 minutes.

Take a slow breath and allow yourself to be present. As you look at the person looking back at you, begin repeating:

“I love you, I really, really love you!”

Notice how it feels to hear these words when you are saying them to yourself.

You may feel comfortable, emotional, uncertain or even amused. All of these responses are welcome.

You don't need to manufacture a feeling or force the words to feel true.

Simply practise offering yourself this expression of love.

Imagine speaking to yourself as you might speak to someone very dear to you.

Reflection

What makes it easy or difficult for me to express love towards myself?

How could I bring more warmth and tenderness into the way I speak to myself?

Day 4: Self-Compassion

Today's affirmation

“I am here for you. I will always do my best to love and support you.”

Your mirror work practice

Settle yourself in front of a mirror and look gently into your own eyes for 1–3 minutes.

Allow yourself to connect with the person looking back at you. You might like to soften your shoulders and take a few gentle breaths as you begin repeating:

“I am here for you. I will always do my best to love and support you.”

Today, remember that self-love is not only about the words we say. It is also about how we respond to ourselves when life feels difficult.

When you make a mistake, feel overwhelmed or experience disappointment, do you offer yourself understanding, or do you begin criticising yourself?

Allow your affirmation to remind you that you can learn to stand beside yourself, rather than turning against yourself when things don't go to plan. You don't have to be perfect to deserve your own support.

Reflection

How do I usually speak to myself when I struggle?

What would offering myself support look like in one situation I am facing today?

Day 5: Trusting Yourself

Today's affirmation

> **“I trust myself to listen to my inner wisdom and take one step at a time.”**

Your mirror work practice

Take a moment to settle into the present before looking into your own eyes in the mirror for 1–3 minutes. Allow yourself to be still. As you look into your eyes, gently repeat:

“I trust myself to listen to my inner wisdom and take one step at a time.”

Notice how you feel as you say these words. There's no need to find an answer to every question or make a decision in this moment.

Life doesn't always provide immediate answers. Sometimes we feel uncertain about what to do next, and we look outside ourselves for reassurance or approval.

Taking a moment to connect with yourself can create space to notice what you need, what matters to you and what feels right for your circumstances.

You don't need to have everything figured out. You can learn to listen to yourself, make thoughtful choices and respond to life one step at a time.

Reflection

When do I find it difficult to trust myself?

What might help me listen more closely to my own needs and inner wisdom?

Day 6: Releasing Self-Criticism

Today's affirmation

> **“I choose to speak to myself with kindness, patience and love.”**

Your mirror work practice

Find a quiet moment and look gently into your own eyes in the mirror for 1–3 minutes. As you look at yourself, become aware of the voice inside your mind.

Notice whether it is encouraging, critical, impatient or kind.

Without judging yourself for any thoughts that arise, begin repeating:

“I choose to speak to myself with kindness, patience and love.”

When you make a mistake, feel tired or compare yourself with someone else, what does your inner voice tend to say?

Awareness is an important first step. You don't need to criticise yourself for having critical thoughts.

When you recognise an unkind thought, you can gently pause and explore whether there is another way to respond. You are learning a new way of relating to yourself. Be patient with the process.

Reflection

What is one recurring critical thought I would like to become more aware of?

How could I respond to that thought with greater understanding and kindness?

Day 7: Choosing Love Again

Today's affirmation

“I am learning to love, trust and accept myself, one day at a time.”

Your mirror work practice

Today, give yourself 1–3 minutes to look gently into your own eyes in the mirror.

Take a breath and acknowledge yourself for showing up. Allow yourself to be present with the person looking back at you, without needing to evaluate your progress or decide whether you've done enough. As you look into your eyes, slowly repeat:

“I am learning to love, trust and accept myself, one day at a time.”

Whether this is your first experience of mirror work or a practice you have returned to many times, you have given yourself an opportunity to pause and connect.

Self-love isn't a destination we reach once and for all. It is a relationship we continue to nurture through our thoughts, our choices and the way we care for ourselves. You don't have to get every day right. Simply be willing to return to yourself.

Reflection

What have I noticed about myself during this week's practice?

What is one small way I can continue nurturing my relationship with myself?

A gentle reminder

As you repeat these seven exercises throughout this month, remember that you can take each day at your own pace.

Some affirmations may resonate deeply, while others may feel unfamiliar. You can stay with an affirmation for longer if you wish, or return to the one you need most.

The purpose of mirror work is not to force yourself to feel differently. It is to create a regular opportunity to connect with yourself, notice your thoughts and practise offering yourself kindness.

One moment. One affirmation. One loving thought at a time.

Your Journey of Self-Love Continues...

Thank you for taking the time to pause, reflect and nurture your relationship with yourself.

Remember, you don't have to change who you are to be worthy of love. You can begin right where you are, one loving thought at a time.

If you'd like to continue exploring the teachings and philosophy of Louise Hay, I would love to welcome you into my world.

Through my Heal Your Life® & Leading with Heart & Mind Workshops, Coaching, I share gentle tools and practices to help you create a kinder relationship with yourself, reconnect with your inner wisdom and embrace positive change.

Let's continue the journey together.

Visit my website to discover more about my work, explore upcoming workshops and find ways to work with me.

www.alisonbellwellness.com

With love and warm wishes,

Alison Bell
Leading with Heart & Mind Coach

Helping you create a kinder relationship with yourself through self-care, emotional healing and natural wellbeing.