

INTEGRATION OF MIRROR WORK PRACTICE

A daily identity-shifting practice for clarity, confidence & aligned living.

What This Really Is:

This isn't journaling. This is how you rewire the way you see yourself — so you can finally step into your purpose and live like the person you know you're meant to be.

Using your voice, your reflection, and two powerful phrases "I see" and "I understand" — you speak directly to your subconscious and your future self.

"I see" builds awareness. It helps you recognize your patterns, your strengths, your desires, and the version of you that's ready to rise.

"I understand" builds integration. It creates self-trust, emotional safety, and alignment between who you are and who you're becoming.

This practice meets you where you are — and bridges you to the home of power within you.

How to Practice - Step by Step:

1. Choose Your Format

Write your statements by hand or fill in the prompts.

Use the same exact sentences every day for 3-4 months.

When a sentence feels embodied — when you start acting from it naturally — you upgrade it.

This isn't about quick motivation, it's about deep identity transformation.

2. Say It Out Loud — In the Mirror

Look directly into your own eyes. Speak slowly. Speak clearly. Speak like you mean it.

This builds self-trust and creates new neural pathways rooted in confidence and clarity.

If emotion rises, let it. That's your old identity releasing.

3. Set the intention

Turn this into a **5 minute sacrality** that feels grounding:

- Light a candle
- Sit or stand freely, why not shake your arms to lose some tension

When your body feels safe, your mind becomes open to growth.

This small daily moment of 5 minutes will shift everything.

Let's go!

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My Mirror Work Practice:

Name: _____

PART 1: I ACCEPT

I understand that I accept _____.

I understand that I accept _____.

I understand that I accept _____.

PART 2: I CHOOSE

I see that I choose to become _____.

I see that I choose to believe _____.

I see that I choose to show up as _____.

PART 3: I AM THANKFUL

I see that I am thankful for _____.

I see that I am thankful for _____.

I see that I am thankful for _____.

PART 4: I AM PROUD

I understand that I am proud of myself for _____.

I understand that I am proud of myself for _____.

I understand that I am proud of myself for _____.

PART 5: I AM COMMITTED

I understand that I am committed to _____.

I understand that I am committed to _____.

I understand that I am committed to _____.

PART 6: I FORGIVE MYSELF

I see that I forgive myself for _____.

I see that I forgive myself for _____.

I see that I forgive myself for _____.

I see that I commit to choosing myself daily and expanding my capacity for self-love.

I see that I commit to nurturing my nervous system, allowing softness to become my new baseline.

I understand that I commit to open myself to greater joy and gratitude.

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My Mirrorwork Practice:

Name: Suzi

PART 1: I ACCEPT

I understand that I accept *myself unconditionally.*

I understand that I accept *that things doesn't always go the way I thought.*

I understand that I accept *that not everyone will appreciate my presens and see my value.*

PART 2: I CHOOSE

I see that I choose to become *more confident.*

I see that I choose to believe *that self-respect and boundaries are essential for my wellbeing.*

I see that I choose to show up as *calm in my higher self.*

PART 3: I AM THANKFUL

I see that I am thankful for *my dog Kai and his presence.*

I see that I am thankful for *my body working in alignment with me.*

I see that I am thankful for *people in my inner circle.*

PART 4: I AM PROUD

I understand that I am proud of myself for *setting boundaries and hold them*

I understand that I am proud of myself for *never give up even when its hard.*

I understand that I am proud of myself for *prioritizing rest.*

PART 5: I AM COMMITTED

I understand that I am committed to *leveling up every day.*

I understand that I am committed to *my giving of self-love.*

I understand that I am committed to *follow my intuition in every situation.*

PART 6: I FORGIVE MYSELF

I see that I forgive myself for *trying to fit into someone else's reality.*

I see that I forgive myself for *every mistake i think i made.*

I see that I forgive myself for *everything.*

I see that I commit to choosing myself daily and expanding my capacity for self-love.

I see that I commit to nurturing my nervous system, allowing softness to become my new baseline.

I understand that I commit to open myself to greater joy and gratitude.