



MIRROR

LOVE MANTRA

Look in the mirror, assess how you feel - Take two deep breaths

Even though looking in the mirror bothers me sometimes
I'm open to relaxing about it

Even though looking in the mirror REALLY bothers me sometimes
I'm open to relaxing about it.

And I am open to feeling at ease about it all
I'm open to feeling comfortable in my body
I'm open to moving forward freely in my body
I'm open to feeling empowered in my body
I'm open to feeling love in my body
I'm open to feeling sparkly energy in my body

I'm open to all of this because feeling at ease is good for my brain and
body. It's better for my health to be at ease

I am open to being my own best friend
I'm open to feeling grateful in my body.

Take three deep breaths and smile at yourself.

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