

SELF LOVE

SCHOOL FRESHMAN

WEEK 5 WORKBOOK

Journal below with what came up for you when you looked at yourself in the mirror and said the affirmations. What was your experience with this exercise?

Mirror Work Checklist

- Today- good job, bae!
- Tomorrow- so proud of you!
- Next Day- you've got this!
- Day 4- you're doing great, love!
- Day 5- keep going. This can change everything
- Day 6- you are healing!
- Day 7- amazing! You are doing such a good job!

