

Mirror



- How many times a day do you look in a mirror? Next time, take a few minutes to look at yourself properly.
- What do you see? Do you see yourself as you really are?
- What do you like about your reflection? Do you judge yourself or accept who you are and appreciate your good qualities?
- Are you taking good care of yourself? Perhaps you could make a point of saying something nice to yourself each time you look in the mirror. Psychologists tell us that this also improves our relationships with those around us.

‘Smile in the mirror. Do that every morning and you’ll start to see a big difference in your life.’ Yoko Ono