



MIRROR, MIRROR EXERCISE

Stand in front of a mirror (the bigger, the better). Stand straight, with the weight of your body equally distributed between both feet. Take a deep breath into your diaphragm (it will feel like your stomach is expanding, not your lungs). Make eye contact with yourself. Gaze into your own eyes with confidence and presence. Put a light smile on your face. You will speak the following statements, out loud, with confidence and strength behind your voice:

I AM LOVE.

I AM WORTHY.

I CAN ACHIEVE ANYTHING I PUT MY MIND TO.

Continue breathing deeply through your diaphragm and holding firm eye contact, while repeating these statements 5-10 times before you start your day.

YOUR STEP OF GREATNESS: Repeat these statements, internally, whenever you remember to do so. It can be when you're walking to lunch, the restroom, or to your car.