



# Mirror Mirror

## Step 1) I like...

Write down here:

Three things you like about your personality (e.g. kindness).

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Three parts of your body that you like because of what they can do (e.g., legs because they let me run).

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Three parts of your body you like the look of (e.g. arms or stomach).

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(Can you name any more? Amazing! Keep going!)

## Step 2) Look at me – I am fantastic!

■ Stand in front of a mirror, smile at your reflection and say “I love my XXX” – using the list you’ve just come up with.

■ How does it feel? Practise doing this as much as you can.

How many more things can you add to your list while looking in the mirror?

Don’t forget! Bring along your list to the next *Free Being Me* session.