

THE MIRROR

Remember your beginning pages: How I See Me and How I Think Others See Me. As you move through The Mirror, notice how your view of yourself compares to what trusted people now see in you. This is not about proving anyone right or wrong. It is about noticing growth.

For the past 31 days, you have spent time reflecting on yourself.

Now you have the option to hear what trusted people see in you.

This section is different from the private pages.

These reflection pages are meant to be shared only if you choose.

You decide who receives a page.

You decide whose words you want to invite into this space.

You decide what you read privately and what you talk about later.

You may complete all of these pages.

You may complete some of them.

You may skip any page that does not feel right.

As you read these reflections:

Pause.

Read slowly.

Notice what appears more than once.

Notice what surprises you.

Notice what feels hard to believe.

Notice what touches your heart.

Sometimes other people see strengths in us before we see them ourselves.



Be open to seeing yourself through new eyes.

BEFORE I INVITE REFLECTIONS

Before asking anyone else to reflect on you, pause for a moment.

Who feels safe enough to invite into this section?

Who do I trust to be honest and kind?

Whose words would matter to me?

Is there anyone I do not want to invite into this space?

What do I want to remind myself before I read what others write?

💜 I get to choose who speaks into this part of my journey.

REFLECTION
HOW I SEE MYSELF NOW

This page is optional.

Over this journey, you have been reflecting on who you are, what you value, how you are growing, and who you are becoming. Take a moment to see yourself the way you would want someone who loves you to see you.

Be specific. Be honest. Be encouraging. Your words matter.

Three strengths I see in myself are:

- 1.
- 2.
- 3.

Something I may not fully realize about myself is:

One way I have seen myself grow this month is:

What makes me unique is:

One thing I hope I never forget is:

Something I believe is possible for me is:

MY RESPONSE

How did it feel to write this?

What surprised me?

What felt true?

What felt hard to believe?

What do I want to remember?
