

MIRROR FACE

A Book on Self Love



SOCIAL EMOTIONAL LEARNING FUNDAMENTALS

THE BUILDING BLOCKS FOR LOVE-BASED LEADERSHIP

LOVE

SAY I LOVE YOU MIRROR FACE: Look into the Mirror 5x in the morning and the evening. Have fun with it and do it while you are brushing your teeth or getting dressed.

ESTEEM

SMILE CONTEST: Look into the mirror and smile for 10 seconds. Now say 'I love myself' inside your head without saying anything out loud.

ACEPTANCE

DO THE MIRROR FACE SHAKE: Go in front of the mirror and shake it up. Do your wildest dance. Play around. Laugh with yourself.

DISCOVERY

ASK YOURSELF: How can I love myself even more right now and do it.

EXPRESSION

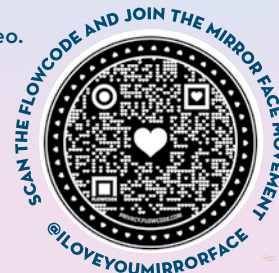
MIRROR FACE CHALLENGE: Tell a friend or family member what you love most about yourself and ask them to do the same.

RESPECT

SAY THESE MIRROR FACE AFFIRMATIONS: I am love, I am light, I am energy, I am passion, I can do anything, I can accomplish each and every one of my dreams.

NOW LET'S **LEAD WITH LOVE** AND DO THE
#MIRRORFACECHALLENGE

1. Scan the Flowcode and Take a 'Mirror Selfie' or video.
2. Caption or share your favorite self-affirmations, or simply say "I Love You, Mirror Face."
3. Challenge your friends and loved ones to join you in this initiative by tagging them.
4. Don't forget to tag us @iloveyoumirrorface and use the hashtags #mirrorfacechallenge



@ILOVEYOUMIRRORFACE #MIRRORFACECHALLENGE

