

The Mirror Exercise

Just as you acknowledge your big successes in life, you need to your small daily successes too. The Mirror Exercise is based on the principle that we all need acknowledgment, but the most important acknowledgment is the acknowledgment we give ourselves.

The Mirror Exercise is pretty powerful. It is a daily requirement for all of Jack Canfield's live events including his year long Success Principles Train the Trainer program.

I suggest you try it for at least 30 consecutive days. I know some very successful people who have been doing this every night for years.

It may feel ridiculous at first. You might giggle, you might cry, you might even have a hard time looking yourself in the eye ... but eventually, if not right away, you will see that you are looking into the eyes of a beautiful soul ... YOU!

The Mirror Exercise gives your subconscious mind the positive strokes it needs to pursue further achievements. It helps change any negative beliefs you have toward praise and accomplishments, which puts you in an achieving state of mind.

Instructions

Just before going to bed, stand in front of a mirror and appreciate yourself for all that you have accomplished during the day. Start with a few seconds of looking directly into the eyes of the person in the mirror looking back at you. Then address yourself by name and begin appreciating yourself out loud for the following things:

~any achievements ... business, financial, educational, personal, physical, spiritual, emotional etc.

~any personal disciplines you kept ... diet, exercise, reading, meditation, prayer etc.

~any temptation that you did not give in to ... eating dessert, lying, watching too much TV, staying up to late, drinking too much etc.

Maintain eye contact with yourself throughout the exercise. When you're finished appreciating yourself, complete the exercise by continuing to look deep into your eyes and telling yourself, "I love you."

Then stand there for another few seconds to really feel the full impact of the experience ... As if you were the one in the mirror who had just listened to all this appreciation. The trick during this last part is to not just turn away from the mirror feeling embarrassed or thinking of yourself or the exercise as stupid or silly.

Here is Jack Canfield's example of what the exercise might sound like:

Jack, I want to appreciate you for the following things today. First I want to appreciate you for going to bed on time last night without staying up too late watching TV so that you got up bright and early this morning and you had a really good conversation with Inga. And then you meditated for twenty minutes before you took a shower. You helped your office staff get clear on some of the blocks that were holding them back. You ate a really healthy lunch of soup and salad and you decided to pass on dessert! You drank 10 glasses of water. And then ... let's see ... you finished editing the new additions to the Train the Trainer Program, and you continued planning for the upcoming workshop in Maui to be held mid month. And now you are going to bed at a good time again and not staying up all night surfing the Internet. You were great today. And one more thing, Jack ... I love you!

Source: The Canfield Training Group. Used with permission.

