

The WINNING EDGE with 5xOlympian Danielle Scott

The Mirror Exercise

Starting tonight, before going to bed, stand in front of the mirror and appreciate yourself OUT LOUD for all that you have accomplished during the day. Start with a few seconds of looking into the eyes of the person in the mirror- your image of yourself looking back at you. Then start by saying your name, followed by appreciating yourself (OUT LOUD) for the following things:

- Any achievements (personal, educational, emotional, financial, (business))
- Any personal disciplines you kept (exercise, meditation, mindfulness, prayer, dietary)
- Any temptations that you did not give into (staying up too late surfing the internet, social media, playing video games, eating desserts etc.)

Maintain eye contact with yourself throughout the exercise. When you are done, end the exercise by continuing to look deeply into your own eyes and saying, “I love you (your name).” Then stand there for another few seconds to really feel the impact of the experience- as if you were the one in the mirror who had just listed to all of 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.

1. Say your name
2. Appreciate yourself for:
 - Achievements
 - Disciplines kept
 - Temptations overcome
3. Say, “I love you,” to yourself
4. Take it in (receive it) and breathe

*Do this exercise for minimum of 40 days. Let the members of your household know that you are doing this exercise for 30 days or so. You do not want them to walk in on you while you are doing it and think you have lost it!