MINDMERGE WELLNESS

# Mirror-work practice sheet

Choose words you can say honestly. A mirror is optional; you can write or reflect without one.

Original reflection exercise - not an official Louise Hay worksheet

**Date:** _____ **Time available:** _____

## 01 Name the situation

What decision, task, or moment would you like to approach with care?

## 02 Choose a sentence that fits

Write your own words or choose an original statement from the article.

## 03 Make it more believable, if needed

Narrow the statement to something you are willing to try today.

## 04 Connect the words to one small action

What can you do? When would it fit? Keep the step manageable.

## 05 Check in without grading your mood

What happened? Would you keep, change, or stop using this sentence?

You can stop if this feels uncomfortable. Reflection is optional and does not replace care.