

7-Day Mirror Work Journal



Radical Self-Awareness

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Welcome to the 7-Day Mirror Work Journal



A Practice in Radical Self-Awareness

How to Begin:

Each day, spend 10–15 minutes with yourself in front of a mirror, ideally in a quiet and private space. Make eye contact. Let your breath guide you inward. Read the prompt and tune in to your body. Notice and feel the sensations in your body and what thoughts arise. This is a practice of being with yourself—no need to change or move anything. Use the reflection space to write what came up with no filters or edits, just raw presence.

Journal Modules

Day 1: Meeting Yourself

**Day 2: What You're
Carrying**

**Day 3: What Remains
Unspoken**

**Day 4: Touch Without
Changing**

Day 5: Held in the Belly

Day 6: The Child Within

Day 7: I Am Enough

Prompt:

Gaze into your eyes. Who do you see right now — not the story, not the past — but this version of you? Notice the sensations in your body as you witness yourself.

Reflection:

What did you see in your own gaze? What did your body feel as you connected? Be as specific as you can — was it warmth, tingling, tightness, stillness? Acceptance, rejection? Familiarity or foreignness?



Day 2

WHAT YOU'RE CARRYING

Prompt:

As you look at yourself, ask: What am I holding right now — emotionally, energetically, physically? Let your awareness slowly scan through your body from head to toe.

Reflection:

What parts of your body felt full, tense, tender, or quiet? What emotions seemed to live there? Let yourself describe without fixing.



Day 3

WHAT REMAINS UNSPOKEN

Prompt:

Focus on your throat, jaw and mouth. Ask: What wants to be spoken or known, but has struggled to come forth? Feel into the sensations there. Allow whatever is present to simply be.

Reflection:

Did you feel tightness, openness or numbness? Were there any emotions waiting to be released?

Day 4

TOUCH WITHOUT CHANGING

Prompt:

Place a hand on your heart. Gently look yourself in the eyes and say: "I feel you, and I'm here for you." Notice what shifts—or doesn't—in your body.

Reflection:

How did your body receive that phrase? Did your chest, belly or shoulders respond in any way? What emotions arose?

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Day 5

HELD IN THE BELLY

Prompt:

Bring your awareness to your lower belly, just below the navel, as you gaze at yourself. Ask: What is my belly holding onto? No need to define or label, just witness the feelings.

Reflection:

Describe the sensations in your belly. Was there tightness, spaciousness, fluttering, stillness? Did anything emotional stir as you stayed with yourself?



Day 6

THE CHILD WITHIN

Prompt:

Search your eyes for the child you once were. Notice how your body reacts as you look. There's no need to force a feeling, just witness.

Reflection:

What did you feel in your chest, your belly, your hands as you saw the younger version of yourself? What emotions stirred? Was there anything your younger self expressed to the present-day you?



Day 7

I AM ENOUGH

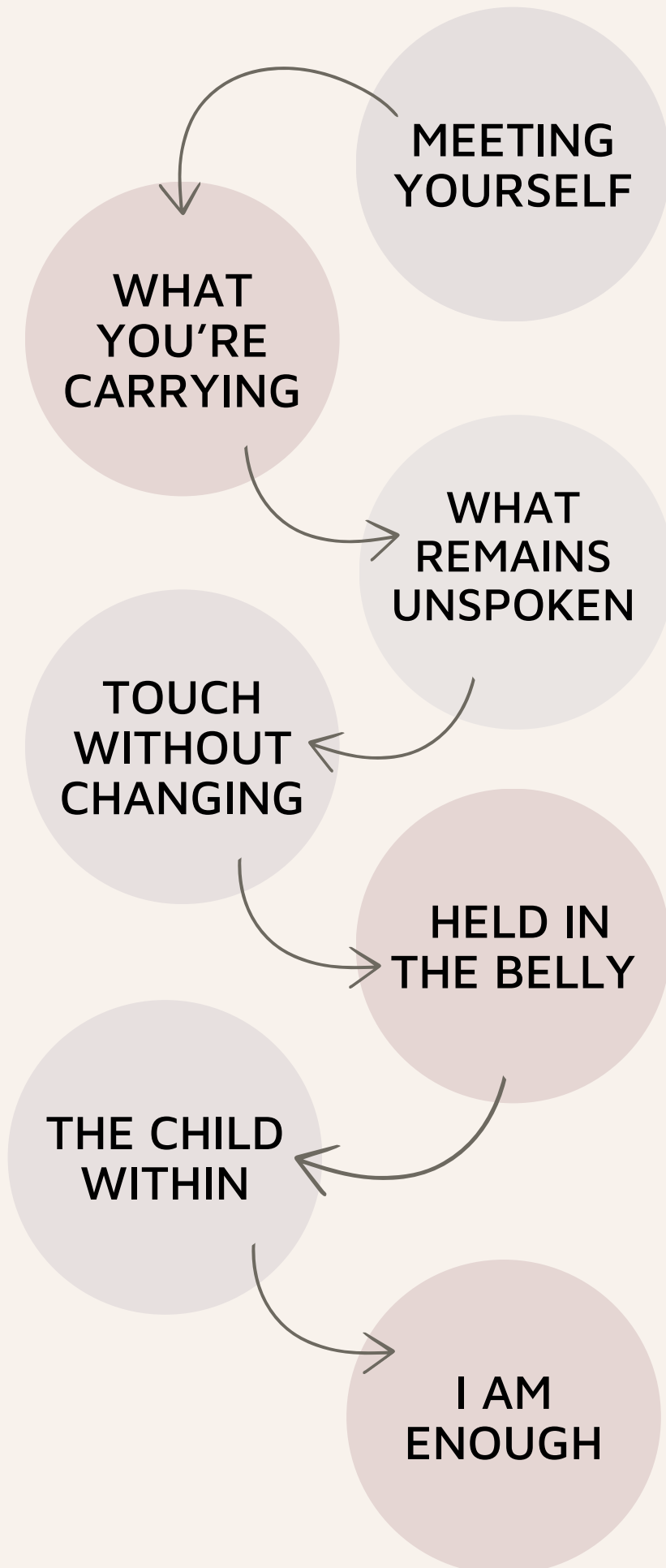
Prompt:

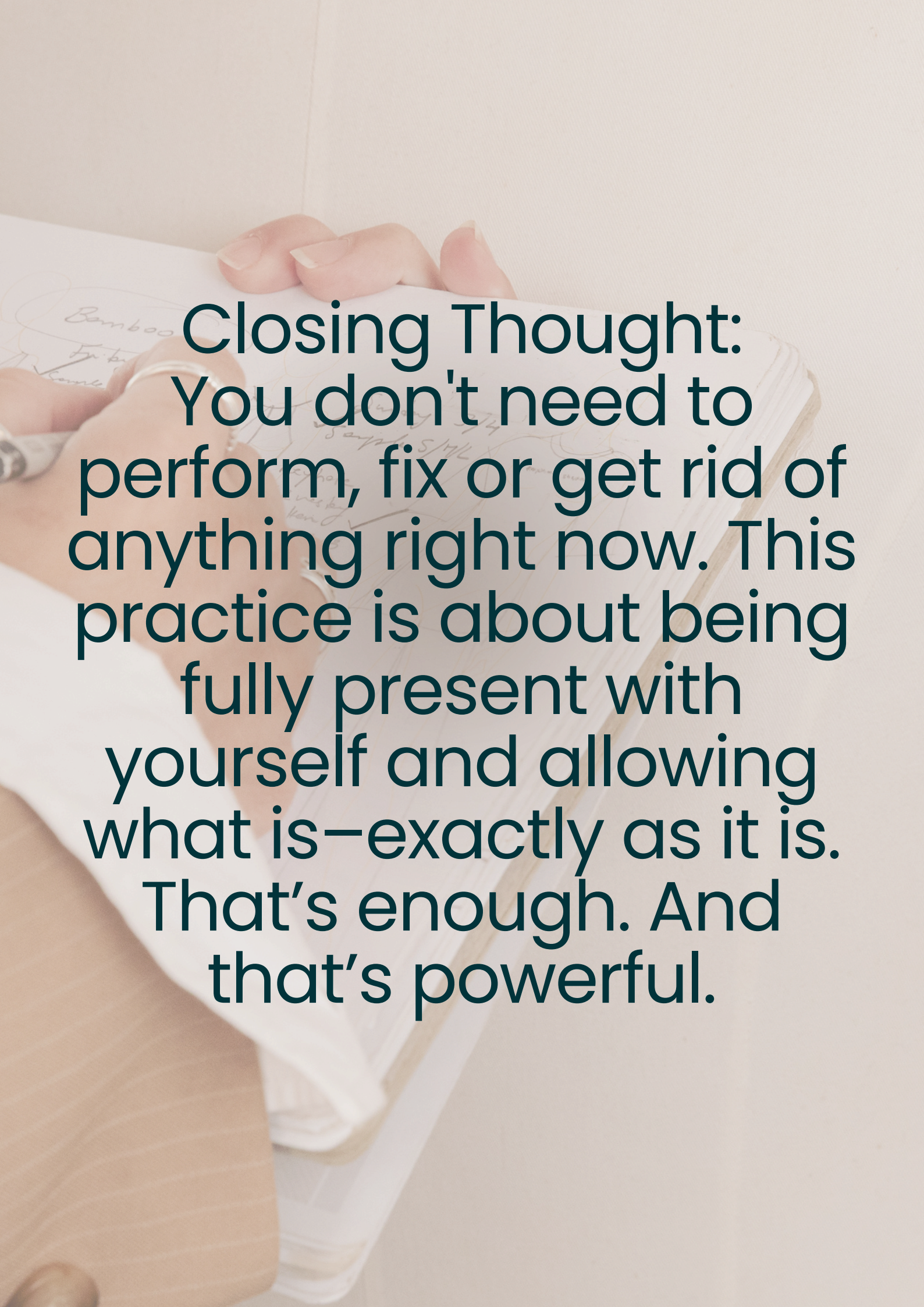
Say out loud to your reflection: “I am enough, and I am wanted.” Notice how your body responds — with ease, tension, disbelief, calm—anything is welcome and valid.

Reflection:

How did those words land in your body? Was there resistance or acceptance? Where were you able to let it in, and where was your body struggling to do so?

Radical Self-Awareness



A close-up photograph of a person's hand holding a pen over an open notebook. The notebook has several pages with handwritten notes in cursive. The text "Closing Thought:" is overlaid in a large, bold, dark blue font. The background is a soft, out-of-focus light beige color.

Closing Thought:
You don't need to
perform, fix or get rid of
anything right now. This
practice is about being
fully present with
yourself and allowing
what is—exactly as it is.
That's enough. And
that's powerful.

