

STEPPING INTO SELF LOVE

MODULE 1

The Mirror Game

We only truly get to know ourselves to our very core when we make a decision to understand who we are and what our purpose is. It takes time and effort to clear away the beliefs we have built up from childhood, based on what we hear our parents say, teachers, peers and friends. Over the years we have spent a great deal of time sub consciously looking for confirmation of this truth. We find ourselves time and again in the same situations or surrounded by the same sorts of people.

This exercise gives you a balanced snap shot of who you are. The rules are as follows:

1. Think of someone you truly admire.

Write 10 – 15 things you really like or admire about them.

Keep going until you have reached the desired number

2. Think of someone who annoys or upsets you.

Write 10 – 15 things you really dislike or get upset by in that person.

Keep going until you have reached the desired number

3. Look at the list of the person your find attractive or admire – circle the three qualities you find most appealing.

Look at the second list and circle the three qualities you find most unpleasant.

Write them all down in column three. Look at them, say them out loud, feel how they sound. You too possess these qualities.

What we see in others is almost always a reflection of who we are at our core. You are attracted to people who share your own qualities and when you are hurt or angered by another person it is always because they are touching something in you that you don't like or refuse to see.

email: allison@allisonreiner.com

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10 Qualities you Love

10 Qualities you Dislike

Top from each list

1

2

3

4

5

6

7

8

9

10

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