



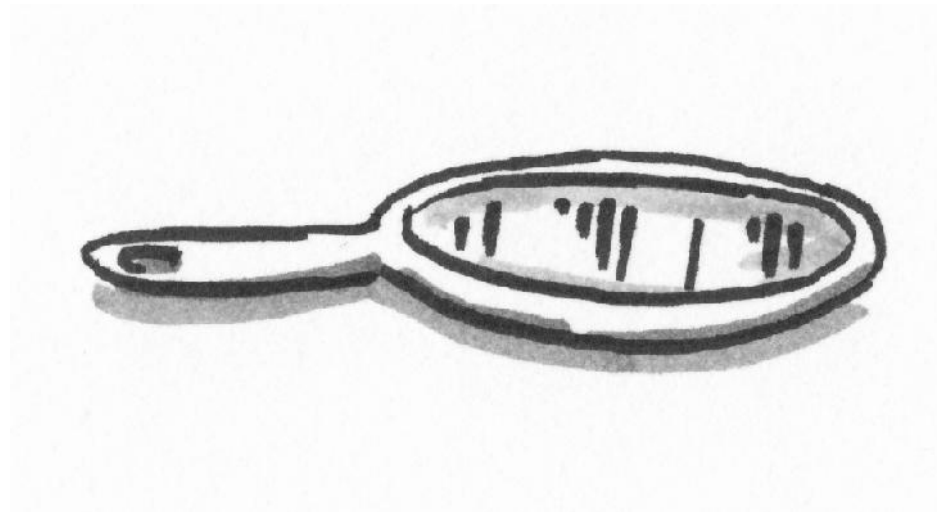
presents:

Getting to Know (and Love) The Person in the Mirror



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Sometimes when we look at ourselves
in the mirror,
it can be hard to see clearly...



We see all of our
responsibilities,
our to-do list...



Things we need to do
and our pressures
at work...





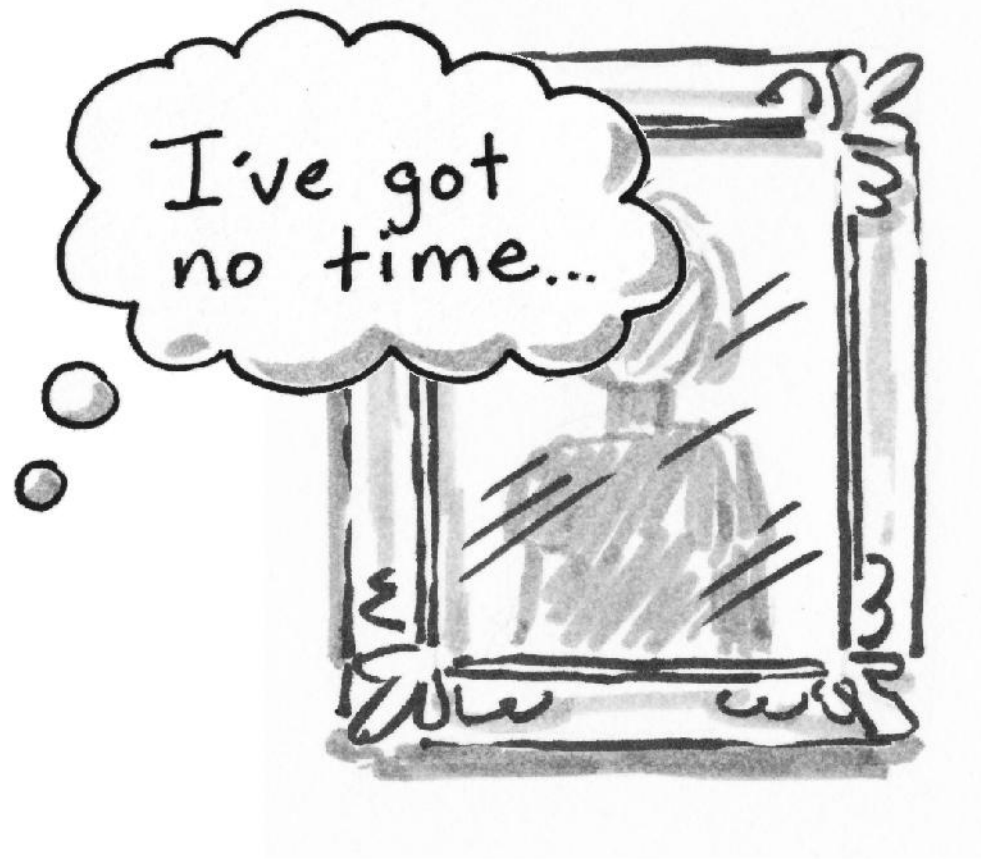
Things to get done
at home...

And then, we're off again... too much to do!



Or maybe the image of ourselves
is obscured by our thoughts...













Just who is that person in the mirror, anyway?

That person is a friend,
someone who cares about you
very much.



Perhaps it is time for a reunion...
to become YOU again!

Have you become a stranger
to yourself?
Maybe start off
with a friendly greeting...



Take some time to get to know each other!



As you become
more familiar,
the image
becomes clearer...



Then you will be able to clearly see
the beautiful, caring person
in the mirror.





...How caring
you are
with your
parents...





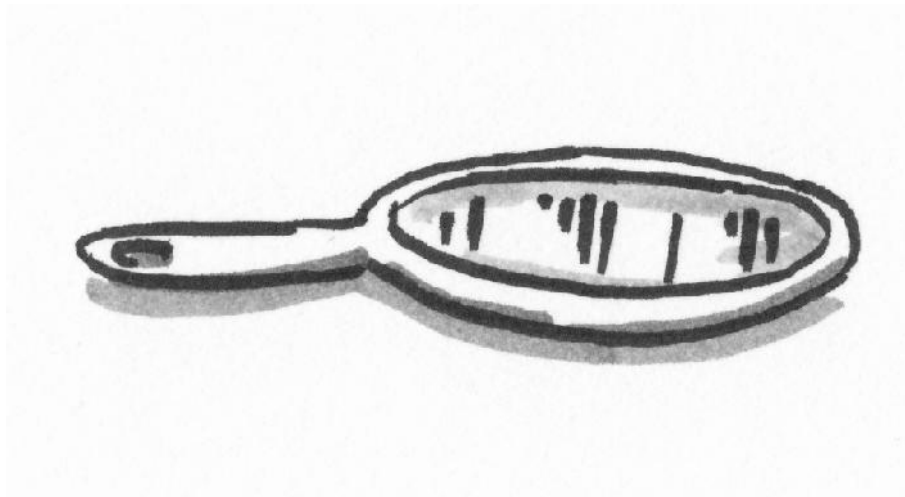


So, next time you look
in the mirror,
take some time
to get to know
the person you see...



Then, wherever you go,
you take along someone
who loves you,
cares for you,
encourages you,
and reminds you
who you really are.

Today,
write down a few things
you would like your mirror self
to know about you!



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a true reflection of yourself.

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self-help, online, life coaching solution
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