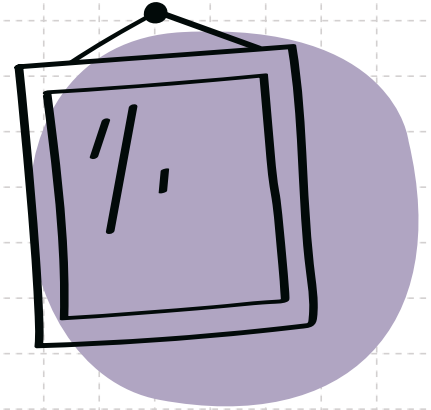


The Mirror Challenge

1

Stand in front of a mirror, take some time to look, and say your name

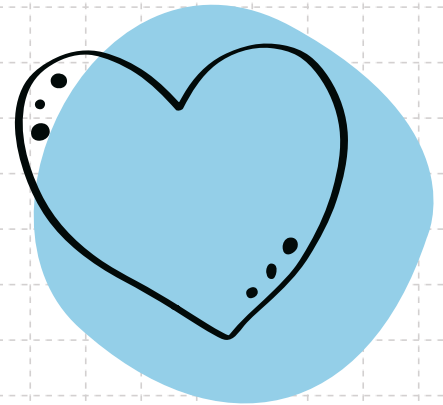


2

APPRECIATE YOURSELF, YOUR ACCOMPLISHMENTS, SUCCESSES, RISKS TAKEN, DISCIPLINES KEPT AND TEMPTATIONS RESISTED

3

Say 'I love you' to yourself



4

Take it in by taking a deep breath

Try and complete this task every night for one month and think about how it makes you feel





The Mirror Challenge

Go through and explain the challenge.

**Let them take the activity
home for reference.**

**Why is it important to
do this challenge?**