

TRADING MIRRORS

Make the Trade

A First Reflection

Welcome, and thank you for being here. Before you ever open the book, I want to give you something you can hold onto today. We all carry mirrors handed to us by other people, and some of them are cracked, clouded, or just plain lying. ***Distorted mirrors lie.*** They lied to me for years, and they still get warped when I think I've got it all together. This is a short practice to help you begin to see what you're actually looking at when you take a deep dive inside. This is the start of what I call *making the trade*.

THE PRACTICE OF POSITIVITY

Give yourself ten quiet minutes and a journal. Move at your own pace. There is no race. Just be you.

1. Name the mirror you were handed.

Write down one belief about yourself that has followed you for years. Maybe it's "I'm too much," "I'm behind," or "I'm not enough." Then ask yourself: "Whose voice is that, really? Is it true or trained?"

2. Look yourself in the eyes.

Find a mirror in the bathroom, a car visor, or anywhere reflective. Don't study your hair or your skin or the things you'd normally obsess over. Look yourself in the eyes and say one thing that is quietly, genuinely true about you. Something real, like: "I keep going when it's hard." "I love people well." "I'm still here, trying." Your brain is always listening. Give it something worth confirming.

3. Claim your first investment.

Write these words where you'll see them every day, and say them out loud until they begin to settle in:

***"I am not a product of my past.
I am a living masterpiece of possibilities."***

That's the start of the big trade. A small, repeatable choice to put down a lying reflection and pick up the one that's been waiting for you. You don't have to do it perfectly. You just have to keep coming back and choosing yourself.

You've done great today. I'm glad you're here.

You deserve a reflection that loves you back. We all do!

Deborah

From the book · Trading Mirrors by Deborah Lynn DiMiceli