

FIRST
CENTER
OF RELIGIOUS SCIENCE
NYC

THE MIRROR WORK

QUICK-START GUIDE

Transform Your Self-Talk in 7 Days

What You Need

A mirror

(bathroom, handheld, any mirror)



2 minutes daily

(same time each day works best)

Your voice

(speak out loud—it matters!)

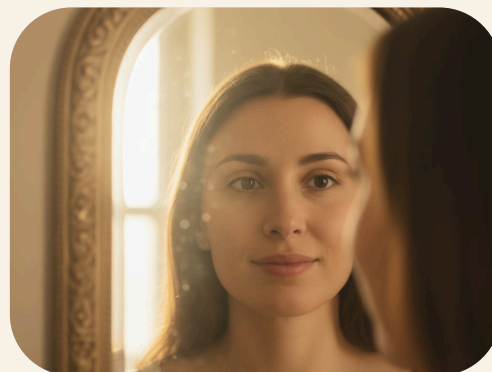


THE PRACTICE

(3 SIMPLE STEPS)

1 STEP 1: LOOK

Stand in front of your mirror.
Look directly into your own eyes.
Not at your hair, skin, or flaws—
into your eyes.



2 STEP 2: SPEAK

Say today's affirmation out loud.
Repeat 3-5 times.
Whisper if needed, but **use your voice.**



3 STEP 3: NOTICE

What comes up? Emotions?
Resistance? Tears?
Don't judge it. Just notice.
This is the healing.



YOUR 7-DAY CHALLENGE

Day	Affirmation	Focus	Notice
Day 1	"I am willing to look at myself."	Permission to begin	Discomfort with eye contact, urge to look away
Day 2	"I am learning to accept myself."	Permission to begin Starting where you are	Inner critic arguing back, old judgments surfacing
Day 3	"I approve of myself."	Self-validation	Resistance, memories of disapproval, small relief
Day 4	"I am worthy of love."	Core worthiness (this may be the hardest day)	Deep emotion, tears, anger, or walls of resistance
Day 5	"I forgive myself."	Releasing guilt/shame	Specific regrets, sense of not deserving forgiveness
Day 6	"I am healing."	Honoring the process	Awareness of progress, impatience, or hope
Day 7	"I love and accept myself exactly as I am."	Foundation of all healing	Coming home to yourself, quiet shifts inside

DAILY TRACKER

Day	Check	Date	Notes
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

WHEN IT GETS HARD

"I feel ridiculous."

→ Good. You're pushing past your comfort zone. Do it anyway.

"I don't believe these words."

→ Perfect. Say them anyway. Belief follows practice.

"I cried/got angry."

→ Excellent. You're releasing old programming. Keep going.

"I keep forgetting."

→ Set a phone alarm. Put a sticky note on your mirror.

"Nothing's happening."

→ Change happens in layers. Notice the small shifts: less self-criticism, more patience with yourself.

PRO TIPS



Best times: Right after brushing teeth (morning or night)



Crying is healing: Tears release stored emotion—let them flow



Resistance = progress: The harder it feels, the more you need it



Link to a habit: Pair with an existing routine so you don't forget



Privacy matters: Find a time/place where you can speak freely

AFTER DAY 7: KEEP GOING

Create Custom Affirmations for:

HEALTH

"My body is healing and strong."

RELATIONSHIPS

"I attract people who respect and value me."

ABUNDANCE

"Money flows to me easily and frequently."

CONFIDENCE

"I trust myself completely."

REFLECTION SPACE

After completing 7 days, answer these:

What surprised you most about this practice?

What was the hardest day, and why?

What shifts (even tiny ones) did you notice?

Will you continue? What affirmation will you use next?

WHY THIS WORKS

Your subconscious mind runs 95% of your life on autopilot. It holds every belief and pattern you've absorbed—most of which you never consciously chose.

Mirror Work bypasses your conscious mind and speaks directly to your subconscious.

When you look into your own eyes and speak new truths, you:

- Confront hidden resistance
- Reprogram old patterns
- Build a relationship with yourself—possibly for the first time

It's not magic. It's neuroplasticity.

You're creating new neural pathways. New patterns. New possibilities.

WHAT'S NEXT?

If Mirror Work resonated with you, you're ready to go deeper into New Thought and spiritual healing practices.

- ➔ [TAKE OUR QUIZ](#) → Discover which practices are right for where you are now
- ➔ [JOIN OUR COMMUNITY](#) → Connect with others on the same path
- ➔ [EXPLORE MORE](#) → Learn about Religious Science & Science of Mind

Based on Louise Hay's teachings and Religious Science principles Founded by Ernest Holmes, 1927.

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REMEMBER: You deserve to be spoken to with kindness—especially by yourself.

Start today. Your future self will thank you.