

# MAD The Compliment Your Mirror Day



# July 3

a day to encourage self-acceptance and to acknowledge that you are *unique, beautiful, loved, SMART, & strong* no matter your age

In today's fast-paced & busy world, it is sometimes easy to forget to celebrate who we are and to take a moment to realise that we are unique and wonderful. **'Compliment Your Mirror Day'** is an unofficial holiday of unknown origins that inspires us to look in the mirror and affirm that we are special and beautiful inside and out!!

**The Challenge?** - Look in the mirror and compliment your reflection.

1. Close your eyes and stand in front of a mirror -
2. Smile and open your eyes -
3. Compliment what you see in the mirror -
4. What You see IS BEAUTIFUL!!

How  
It  
Works

Here are 5 tips on how to compliment your mirror:

1. Every time you judge yourself or think negatively about yourself, stop! Take a minute. **Apologise to yourself** and say something nice instead.
2. **Take 5 - 10 extra minutes** every morning to get ready. If you look good, you feel confident, which makes you look even better. Boom!
3. **Stick some photos, quotes and pictures** that make you happy **on your mirror**
4. **Give yourself a pep talk before you walk out the door.** "I am beautiful. I deserve the best. Today will be great!" is a good place to start.
5. **Focus on the positive** - nobody is perfect but everyone has greatness inside of them. Make a list of all your great qualities and keep it close to remind yourself just how awesome you are.



MAKE A  
DIFFERENCE

#MADCYMD