



Instructions

In the upper left section of the mirror titled "doubt" write words, thoughts, or feelings that capture the self doubt you are experiencing in the role you are feeling anxious about (parent, new job, etc.)

Then pause and notice how it feels to look at this part of you in this moment.

What comes up for you as you fill in this part of the mirror? What do you find yourself wanting to do to escape this part of the mirror?

Doubt often has us focusing on one part of our image. Sometimes we have to look at other corners of the mirror to locate the rest of us.



On the bottom right quadrant of the mirror titled "And all" fill in thoughts, feelings or words that help describe who you are in this moment outside of this role. What are your strengths (maybe you also bring into this role)? Think about your reasons for stepping into this role. Think about why it is important to you. What would you imagine the most supportive person in your life seeing and saying to you as you both stare at this part of your reflection?

Remember, we don't have to fight that "imposter" in the mirror to fully see ourselves in our experience.

When you finish this worksheet, take some moments to be with everything you are now looking at. What is important to take away from this more complete reflection of you?