

# THE MIRROR TEST

Reflection & Growth Through Visualization



Welcome! Join me on "The Mirror Test," a journey of self-discovery designed to deepen your connection with your core values. Before you begin, find a quiet space with a mirror. Use this sheet to guide your visualization and capture your insights.

## 1 | INITIAL REACTION

Stand or sit in front of the mirror, take a deep breath, and focus. Observe your reflection and note the first three words that come to mind. Write them down here:

*words:* \_\_\_\_\_

*feelings/thoughts:* \_\_\_\_\_

## 2 | VISUALIZATION STEPS

Close your eyes, imagine yourself walking through a vibrant garden at dawn, meeting a wiser, older version of yourself. This key encounter, rich with personal wisdom and reflection, is the essence of *The Mirror Test*.

*wisdom received:* \_\_\_\_\_

*core values highlighted:* \_\_\_\_\_

## 3 | POST-VISUALIZATION REFLECTION

After returning from the visualization, look in the mirror again. Note any changes in the words you see and how they reflect your personal growth.

*new words:* \_\_\_\_\_

*insight gained:* \_\_\_\_\_

## 4 | ACTION COMMITMENT

Reflect on this experience to identify one aspect of your life to let go, one strength to celebrate and one you want to commit to developing or strengthening.

*release:* \_\_\_\_\_

*celebrate:* \_\_\_\_\_

*commitment:* \_\_\_\_\_



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*Keep this sheet as a reminder of your insights from The Mirror Test. Consider how you can apply these reflections to align more closely with your values and live more authentically. Remember, every step you take is part of your path to living fully and truthfully.*

