



THE MIRROR TEST

A self-trust reflection for coming home to yourself

There are many voices that may speak about who you are.
The most important relationship is the one you carry home with you.
When you meet your own eyes, do you recognize someone you respect, trust,
and feel safe being honest with?

Self-trust asks something simple:

Am I living in a way that lets me remain a friend to myself?
Not perfect. Not polished. Not approved by everyone.
Simply honest enough to know that my choices still belong to me.

WHEN I LOOK IN THE MIRROR, I WANT TO KNOW THAT I...

- kept the promises that mattered most to me.
- spoke to myself with the same humanity I offer others.
- made choices from truth rather than fear, pressure, or performance.
- allowed myself to change direction when something no longer fit.
- stayed close to my values, even when no one was watching.

A quiet check-in

- What choice am I proud of today?
- Where am I asking for someone else's approval instead of listening inward?
- What would help me feel more aligned with myself before this day ends?

My life does not have to impress the mirror.

I want to be able to trust the person looking back.