



# MEET YOURSELF AT THE MIRROR

A Reflective Ritual to Return to  
the Woman You're Becoming

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# MEET YOURSELF AT THE MIRROR

**A 5-Minute Ritual to Reconnect with Your Body, Identity  
& Self-Trust**

You don't need to fix yourself.

You need to **witness yourself** and speak to the woman  
you are becoming.

This is your recalibration ritual.

It only takes 5 minutes and it returns you to yourself.



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# Step 1: Stand & See

Stand in front of a mirror.

Soften your shoulders.

Take 3 deep breaths in through the nose, out through the mouth.

Make gentle eye contact with yourself.

Say out loud:

“I’m here. I’m listening.”

“I see you.”

Ask:

- What am I carrying today?
- What have I been pushing through, ignoring, or silencing?
- What part of me is asking to be seen?

Just notice. No pressure to fix. Just witness.

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# Step 2: Speak Love into the Body

Touch your heart. Look directly into your own eyes.

Now say out loud, slowly and repeat each line with touch if it helps anchor it:

- “I love you.”
- “I love me.”
- “I love this body.”

(Place hand on each area as you go)

- “I love these arms.”
  - “I love this face.”
  - “I love this heart.”
  - “I accept and love myself fully.”
  - “I do accept and love myself fully.”
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# Step 3: Identity Calibration

Now shift into the version of you who leads her life.

Say each of these slowly and clearly:

- “I trust myself.”
- “I trust my inner knowing.”
- “I trust my intuition.”
- “I trust myself under pressure.”
- “I pause and feel before I respond.”
- “I take time to process.”
- “I do not give in to pressure from others.”
- “I move with clarity, not urgency.”

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# Step 4: Speak the Becoming

Say out loud:

**“I am becoming the woman who...”**

Then finish with your own truth.

Example:

- “...chooses calm over chaos.”
- “...leads herself with power.”
- “...honors what her body knows.”

Hand on heart or cheek.

One deep breath.

Say quietly:

**“I trust you. I’ve got you. I lead now.”**





# Hi, I'm Alicia

Five years ago, my life and business came to a complete stop.

I went through an eight-week panic episode that took my confidence and my sense of direction with it.

I didn't feel like myself anymore.  
Even simple ones felt overwhelming.

The tools I had relied on before stopped working.  
Not willpower.  
Not productivity.  
Not positive thinking.

I had to slow down and rebuild from the inside out.  
Not by becoming someone new,

But by learning how to re-center and reconnect, every day,  
sometimes many times a day.

That process is where this work comes from.

This guide is a starting point.

The full course, Wild Rituals for Mornings That Change Your Life, is where these practices become a lived rhythm.

Learn more here:

<https://www.wildandsacredwithalicia.com/wildritualsformorningsthatchangeyourlife>

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