



# #MIRRORLOVE

IATG invites you to show yourself some #MirrorLove as part of GOOD Mag's campaign with Sambazon for #100startswith1

"Uggh." "Gross." "My face is the worst." Sound familiar? For too long we've looked in the mirror with loathing. It's time to take back your power and show yourself some #MirrorLove! We recently teamed up with GOOD mag and Sambazon in their #100startswith1 campaign where we invited girls to leave love notes to themselves on mirrors. The result was mind-blowing: girls giving themselves props instead of put-downs. YES! We want you to take this #MirrorLove challenge too with this fantastic #MirrorLove action kit!

## LET'S CHAT:

1. When you look in the mirror, what do you love most about what you see?
2. How often do you compliment yourself in the mirror? How often do you talk negatively about yourself in front of the mirror? Why?
3. How does looking in the mirror make you feel?
4. Does your mood ever change when you catch a glimpse of your reflection passing by a mirror or window? How?

## ACTIVITY

Invite your besties over and ask each person to bring a mirror. Find a comfy, private space and work through the following exercises:

Look in the mirror and compliment yourself out loud. (3-5 minutes)

Now grab a bestie and get in the frame with her. Take turns complimenting each other. (3-5 minutes)

Switch up the pairings so that everyone has a chance to be in everyone else's mirror. Get back together and talk about what just happened. How did this make you feel? What did you notice? What did you learn?

## CHALLENGE

No More Negativity!

Take the #MirrorLove 10-Day Challenge: Stand in front of the mirror for 1 minute every morning for 10 days. Every time a negative thought comes up, out loud, compliment yourself in a way that counters the negative thought.

Ex. "I am fat" and counter, "My body is beautyFULL"

## WANT MORE?

YouTube Campaign: [#ImEnough](#)  
IATG Blog Post: [Fall In Love With...You](#)