

Creating My Mirror Image

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In this script you can allow yourself to create the “healthy you” that you'd like to become while watching the metamorphosis take place in the mirror before you. You'll then be invited to step into this creation of yours to be able to enjoy the end result.

Script Begins Here:

I'd like you to imagine right now that there's a large full-length mirror right in front of you... so close that if you were to reach out you could actually touch it... Imagine standing in front of this mirror looking at yourself... Even if you're not able to stand, just “imagine” yourself standing in front of this mirror... so the mirror reflection of you is standing looking back.

Now imagine that you can create anything in the mirror that you want, just like this, by thinking of it... if you'd like to put a hat on the image, or clothes, or different shoes, you could do it just by thinking about it...

So, look in the mirror right now so you can see what you look like right at this moment... Now I'd like you to take a moment to think about how you'd like to be... Think about what kind of health enhancements or improvements you'd like... As you're looking at the mirror image of you, imagine yourself creating the you that you like to be...

If you have health issues that you like to eliminate or improve, see yourself in the mirror the way you'd like to be...

If you'd like to lose weight, see yourself as the ideal weight...

If you like to be stronger, then see yourself as the stronger you...

Take a moment to do that right now and create the image of you that you'd like to see... Realize that this new you, IS the you that "you're" creating...

Now imagine that you swapped places with this mirror you... You're now the health you in the mirror looking back at you... As you're looking back at yourself... Look at yourself with gratitude that you're becoming the healthy person that you've always wanted to be.

Imagine yourself feeling and being this person in the mirror that you've created. This is the new person that you become... that you deserve to be...

Whenever you think of yourself, imagine yourself as this healthy and successful mirror image and allow your thoughts to become that creation.