A GUIDE TO REFLECTION & INTENTIONAL GROWTH

THE MIRROR METHOD™

Six stages to reclaim your voice, reconnect with yourself and rise again.

A starting point. Not a finish line.

Before you begin

There are seasons when we become so focused on getting through life that we lose sight of who we are within it.

The MIRROR Method™ offers six stages for slowing down, recognizing what has shaped you, and making room for a more intentional way forward. It is not a demand to forget your past or to become someone else overnight.

You can begin wherever you are. You can pause. You can return. Reflection is not a race, and you do not have to have every answer today.

A gentle reminder

If a question feels overwhelming, skip it or return later. This guide is for personal reflection and does not replace professional mental-health support.

A path back to yourself

Each stage invites a different kind of attention. You do not need to move through them in a perfect order.

M

Meet Yourself

01 / 06

I

Identify the Wounds

02 / 06

R

Release the Shame

03 / 06

R

Rebuild Your Voice

04 / 06

O

Own Your Power

05 / 06

R

Rise Again

06 / 06

Stages 01 & 02

M

01 Meet Yourself

Acknowledge the person you have become, the experiences that shaped you, and the parts of yourself you have learned to hide. Begin with compassion, not judgment.

PAUSE & REFLECT

Who am I when I am not trying to meet everyone else's expectations?

I

02 Identify the Wounds

Recognize the pain, experiences and beliefs that have influenced your identity. Healing begins with the courage to acknowledge what hurt you.

PAUSE & REFLECT

What belief about myself might have grown from an experience that hurt me?

Stages 03 & 04

R

03 Release the Shame

Let go of shame, guilt and narratives that were never yours to carry. Your experiences may be part of your story, but they do not define your worth.

PAUSE & REFLECT

What have I been blaming myself for that deserves compassion instead?

R

04 Rebuild Your Voice

Rediscover the confidence to speak your truth, establish boundaries and express yourself without fear of being silenced.

PAUSE & REFLECT

Where in my life do I need permission from myself to speak up?

Stages 05 & 06

O

05 Own Your Power

Reclaim ownership of your story, your choices and your future. Recognize the strength within you and begin living with greater intention.

PAUSE & REFLECT

What choice can I make today that honours the person I am becoming?

R

06 Rise Again

Move forward with renewed purpose, healthier boundaries and a deeper understanding of who you are becoming. Healing is not about returning to who you were; it is about rising into who you choose to be.

PAUSE & REFLECT

What would rising again look like for me in this season of life?

What will you carry forward?

You do not need a perfect plan. One honest observation or one small act of care can be a meaningful beginning.

Something I am beginning to understand about myself:

Something I am ready to stop carrying:

One intentional step I can take next:

A beginning worth keeping

The work of meeting yourself with honesty and compassion does not end when you close this guide. You may return to a stage, revisit a question, or simply notice what has shifted.

Your past can be part of your story without becoming the final word on who you are.

Break the cycle. Heal intentionally. Build legacy.

ABOUT THE CREATOR

The MIRROR Method™ was created by Jenelle Simpson. Explore related speaking, coaching and resources at www.jenellesimpson.com.

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