

'Kind Eyes'

PRACTISE



I am so excited for you to try this 1-minute a day Kind Eyes practise! It's a super simple but powerful way to feel more confident about your appearance and more powerful as you enter this new chapter of your life.

Commit to doing this for 21 days and see how dramatically it shifts your sense of self, from self-critical to confident and seeing your true beauty and true potential. Then keep going! And share it with others. This is a habit for life.

Hi, I'm Leesa Whisker, a style empowerment coach and the founder of the [True Style Journey](#): an online programme of style and self-discovery, for women change-makers who are ready to rise and redefine themselves for a new chapter in life.

When you're ready to embody real change, you need to let go of any fixed sense of identity and begin to really "SEE" yourself afresh, so you can embody possibility and grow into a new you. This is where "Kind Eyes" helps.

Loving what you see in the mirror can be hard, especially if your face & body are changing and when cultural definitions of beauty are so narrow. But self-criticism and shame shut down the learning centres in your brain. This makes it harder to grow into a new version of yourself. Research has proven that the best way to activate the learning centres in your brain and cultivate a "growth mindset" is self-love.

It makes sense, but HOW do you actually practise self-love? Well, it's not all petal-filled baths and massages. Self-love takes practise and daily habits are what create REAL sustainable change. Self-love is an essential tool in your transformation kit, which for many of us needs a LOT of working on.

What I'm here to share with you today is a very simple but powerful 1-minute-a-day "Kind Eyes" practise that we use throughout the online [True Style Journey](#) to redefine how we see and speak to ourselves when we are ready to rise and fully express our own True Style.

Here's what you need to do:

Grab a compact mirror and look at yourself for 1 minute with kind eyes. The moment you realise you're being self-critical, look away and get your composure back, then look again when you're ready to look with kind eyes.

Top tip:

Attach this exercise to something you already do daily. For example, I keep my compact mirror on my desk right by my mug, so every morning as soon as I've made my tea, I do my Kind Eyes for 1 minute before I drink it.

Or you might stick a "Kind Eyes" post-it on your bathroom mirror as a reminder to look for 1-minute with Kind Eyes after you brush your teeth each morning or evening.



Here's what [True Style Journey](#) alumni say about the Kind Eyes practise:

"Initially I was shocked at how casually cruel my inner voice was when looking at myself in the mirror. I've been speaking that way to myself all my life, but never had it exposed in this way before. The Kind Eyes practise has helped me balance that critical voice with another more loving one who appreciates ALL of who I am and celebrates the journeys I've taken to get here today.

I FEEL MORE CONFIDENT AND HAPPY IN MY OWN SKIN."

"I felt so squeamish doing the Kind Eyes practise the first few days. I nearly gave up. It felt excruciatingly intimate. Then one day I looked into my own eyes and felt this surge of love for the woman inside. It was really emotional. I felt awful for how I've abandoned and belittled her. She's so amazing! With this and the True Style Journey, I feel like a new person, like the Real Me has entered the room.

THERE'S NO STOPPING ME NOW!!"

I would really love to know how you get on with this powerful practise. Please pop me a DM on [Instagram @leesawhisker](#) or [Facebook @leesawhiskertruestyle](#) and tell me what day you're on and how you'd describe the feeling that day, e.g. "Kind Eyes Day 1 - curious" so I can high-five you for showing up for yourself in this way!

I really want you to feel the benefits of this amazing practise and accountability really helps stick to the first 21 days and reap the benefits long term. So use me as your accountability buddy. I'm here for all of it. And if you don't use social media, you can pop me an email at info@leesawhisker.com.

LET'S STAY CONNECTED!

If you enjoyed this practise and you'd like more tips and techniques for finding and expressing your own True Style to kickstart a new chapter in life, come on over and join my [free Facebook community 'Style Empowerment for Times of Change'](#). We're a super supportive community of heart-centred change-makers. I'd love to see you in there.

Keep seeing yourself through Kind Eyes. You are beautiful and powerful.

Big Love,
Leesa x