

MIRROR *mirror*

Comms Package

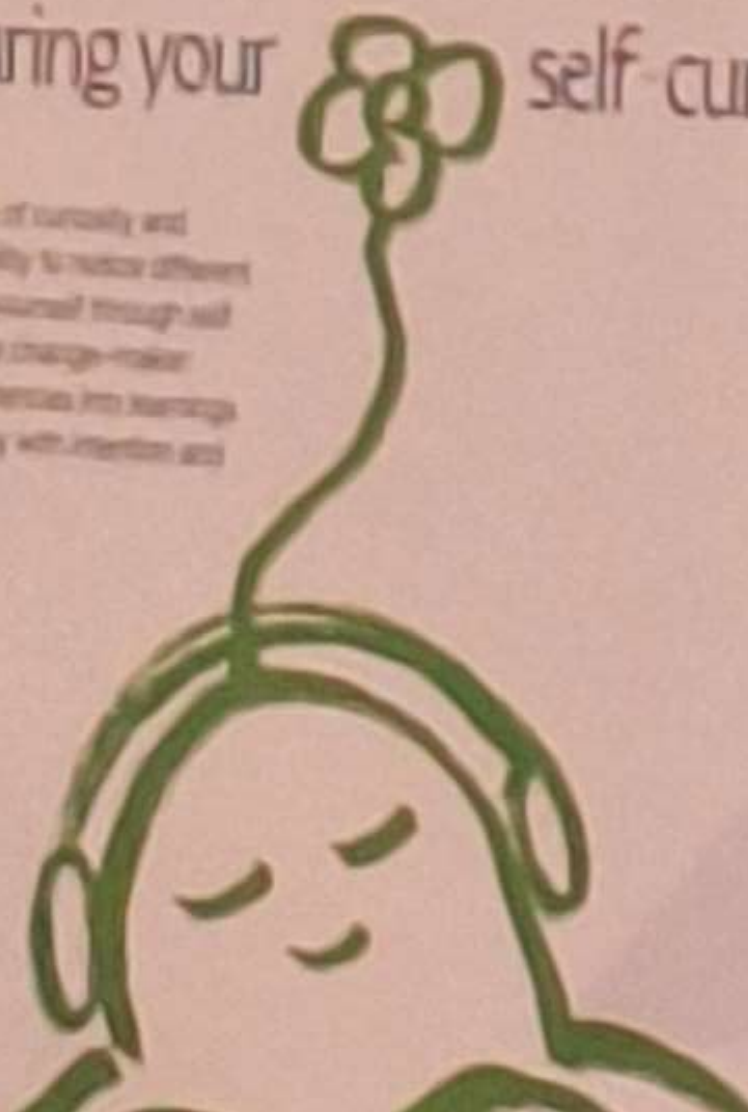
Nurturing your self-curiosity

MIRROR + mirror

Location: The Albany
Date: March 12

Nurturing your self-curiosity

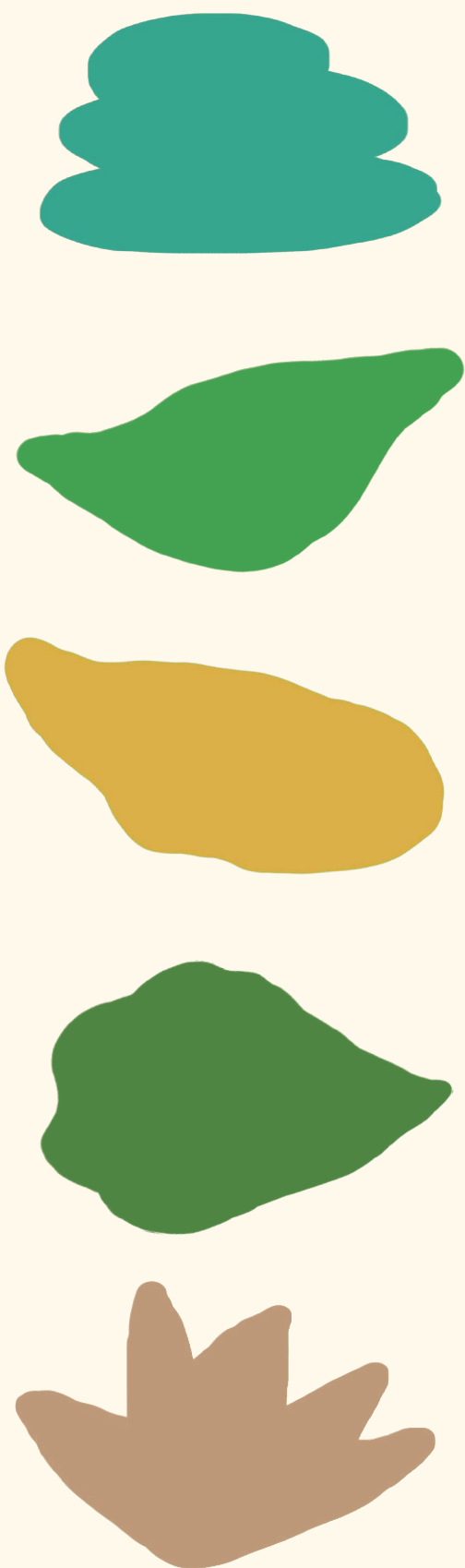
Introduction
Create a feeling of curiosity and
enhance the ability to notice different
growth within yourself through self
reflection. Be the change-maker
transform experiences into lessons
and live everyday with intention and
gratitude.



Self-Discovery for personal transformation
and empowerment. Self-discovery
is the first step to change.



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The framework

Almost every day, we feel overwhelmed and helpless by the scale and complexity of problems that surround us.

But what if you could work towards a better tomorrow by initiating change today within yourself first?

Essentially, 'Mirror-Mirror' is an experience in shifting attention—from the outer world to your inner one. It invites you to pause, listen, and notice the small growths within you. By doing this, in turn, you will learn how to reflect that mindful growth onto the world.



HOW

Through the employment of this consciously designed **auditory experience**, you can intuitively generate your own emotions triggered by personal memories. Also, the usage of **rhymes** allows new meanings to emerge as well as rekindles a child-like curiosity that we often lose sight of.

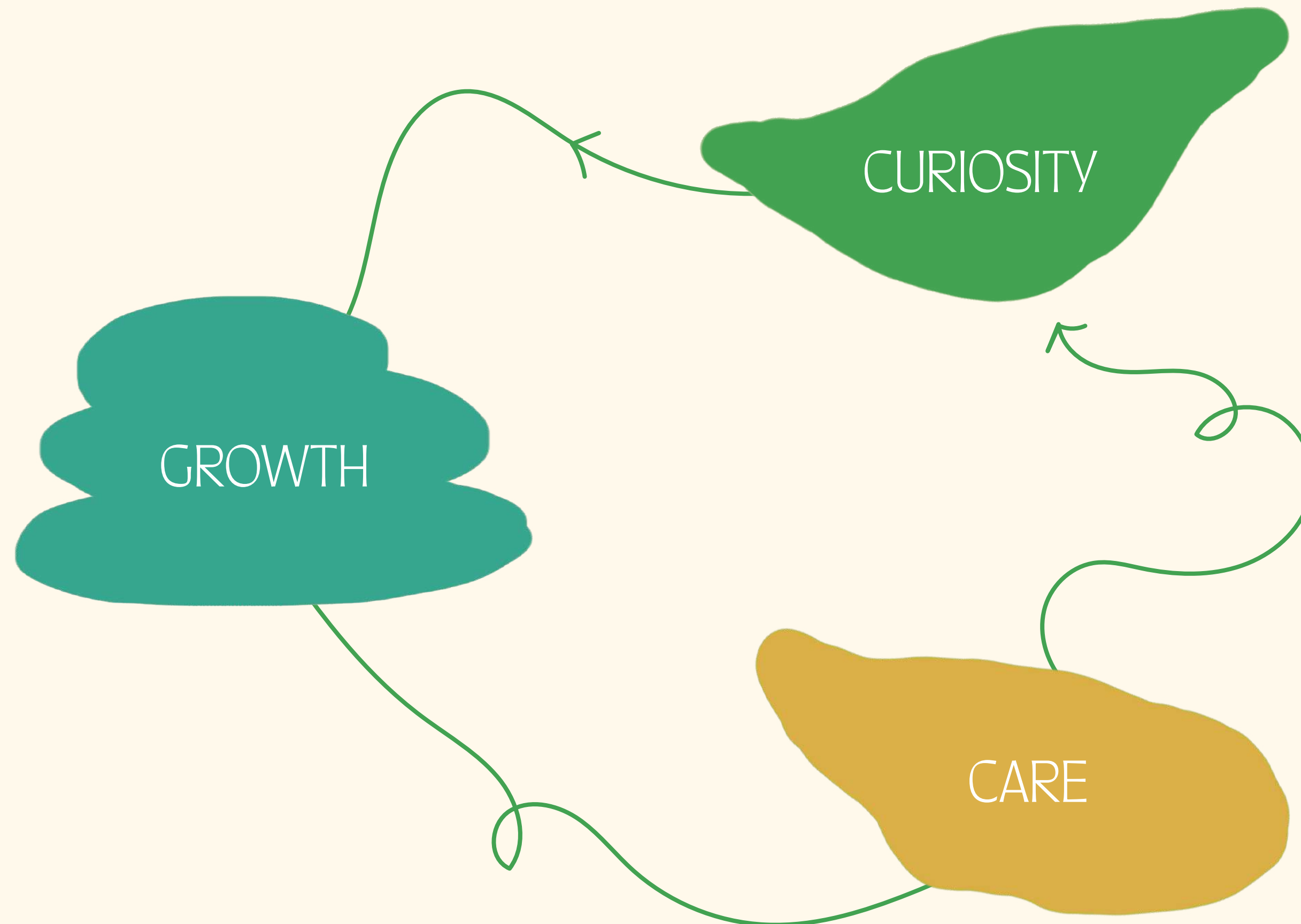
The soundscape takes you on a journey from chaos to peace, and from obscurity to moments of clarity. The rhyming guidance holds space and directs you to embody your emotions. All the while, this invites you to look at yourself in the mirror. Not just as a reflection, but as someone who's in the middle of a journey.

It asks:

What sparks your curiosity? What do you want to grow into?

Guiding values

Lessons from our more-than-human partner



Curiosity acts as a trigger for Growth, both within and towards the world. It can only be done consistently through Care.

That is why this framework taps into self reflection activity as a form of compassion and care towards yourself. With it, comes curiosity on the different ways we can grow with and for the world around us.

Setting the Scene

To enter the *Mirror Mirror* experience, gather a few simple things and find a space where you feel at ease—somewhere quiet, familiar, yours. No expectations—this is meant to be simple and easy. Let yourself relax and trust the process.



MENTAL AND PHYSICAL PREP

An Open Mind

Be ready to pause, immerse yourself and open to what emerges.

A Comfortable Space

A quiet nook, a cozy seat or a secret hideout in a garden. Somewhere you can be present, without rush, without distraction.

ARTICLES

Mirror

Use the mini-mirror provided in the pack or use any mirror you have available. We recommend finding a sufficiently big mirror if you're doing this at home. Let the small mirror be part of your essentials, and easily use the framework at your convenience.

Audio

A QR code is available to scan on the mirror which is part of the package. Upon scanning it, you will find the audio nestled on a platform accessible anytime and anywhere.

Headphones

To fully immerse yourself in the guided audio journey, tuning into sound and self.

Rhyme Cards

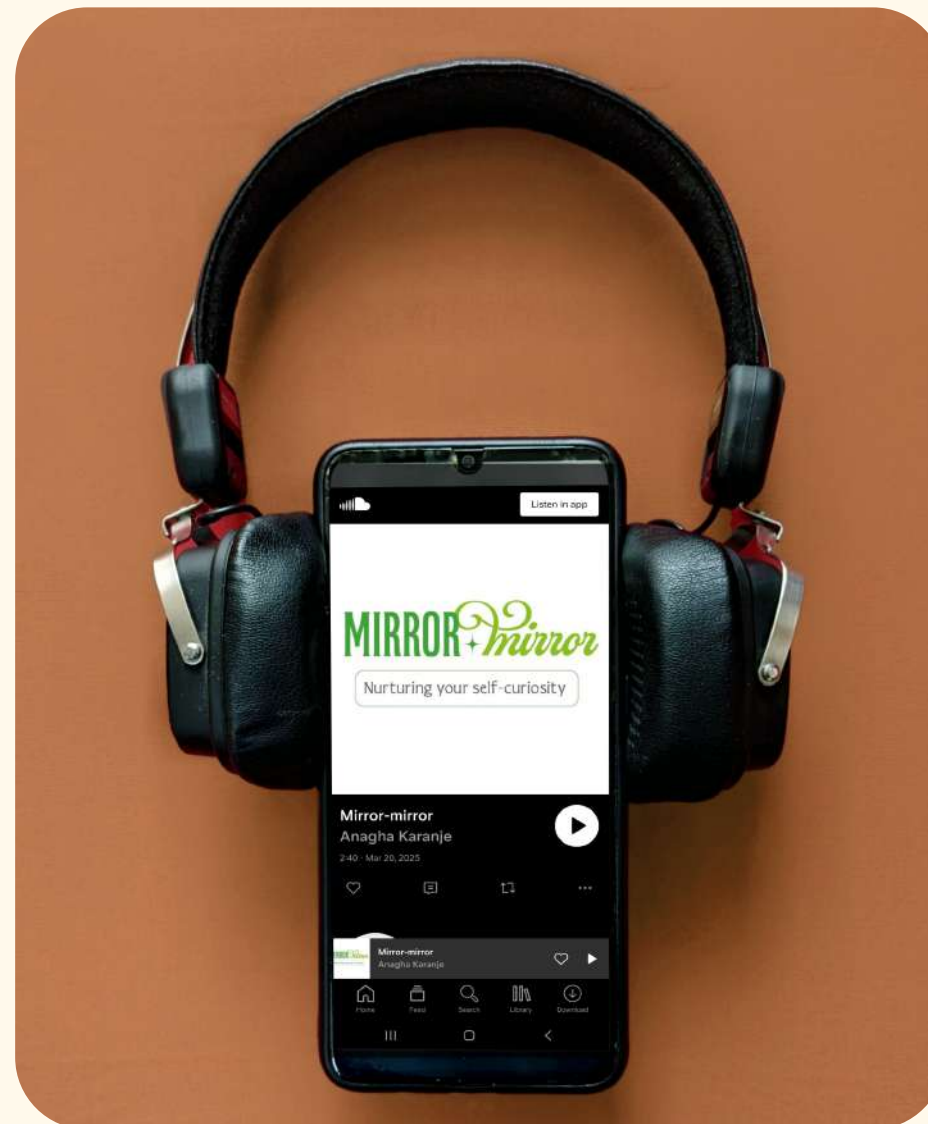
A template of cards containing different rhymes with different self reflection prompts are also available to print from the package. Keep them close, in your wallet or on the back of your phone case, as a constant reminder.

A Device

To access the audio experience through the link provided in this package.

How to use it?

This experience invites you to take a moment to pause, listen, and reflect. Step away from the noise of everyday life to reconnect with yourself. Using sound, movement, and words, this experience creates space for curiosity, personal growth, and self-care. Follow these steps to fully engage:



1 Locate your space

Find a quiet space, preferably wear headphones and scan the QR code to begin the audio journey.



2 Immerse

Let yourself focus on the music and voice guidance. Follow the guidance and embody your emotions. Observe yourself in the mirror to ground yourself to the moment and gently probe your mind to reflect.



3 Pick a Card & Set an Intention

From the selection of rhyme cards, choose the one that resonates most with how you feel in the present. Read it aloud (or even sing/hum it!) let its rhythm generate new meanings

4

Keep as reminder

Keep the mirror, the audio, and your chosen rhyme close. When life feels overwhelming, return to this experience—a reminder to stay curious, to embrace growth, and to care for yourself.

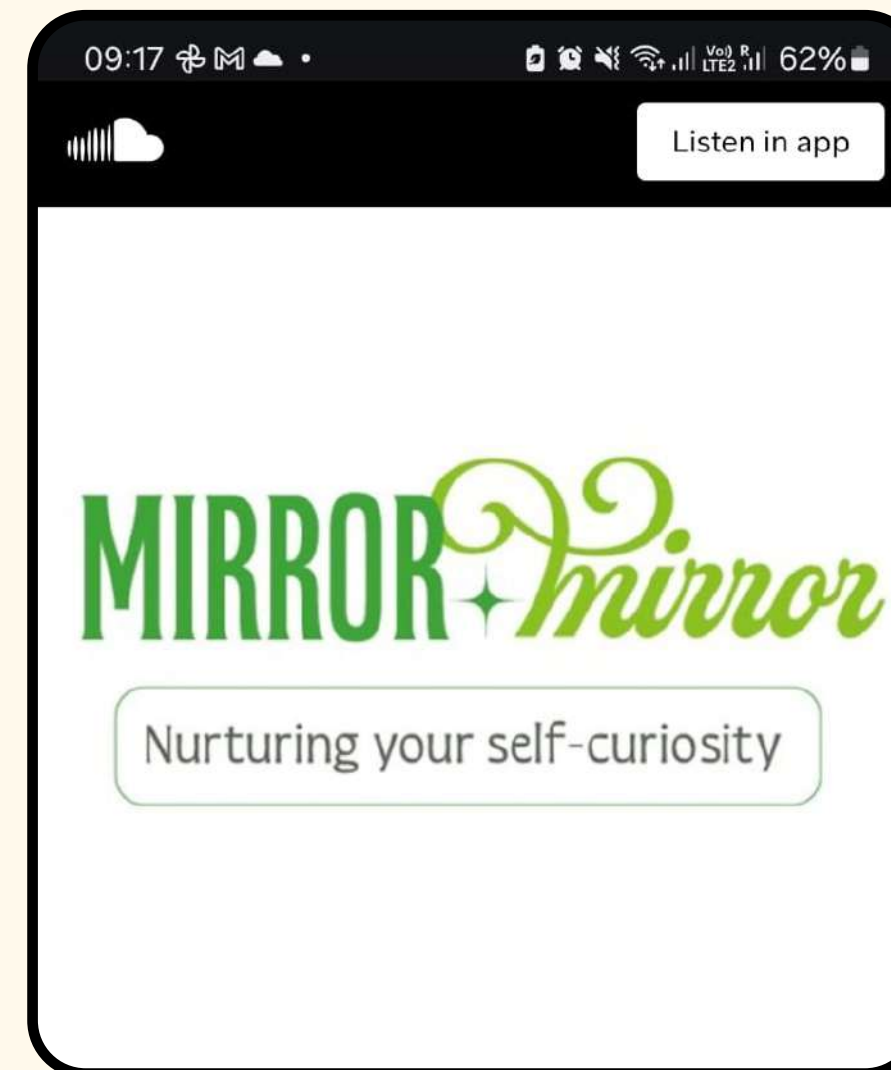
Make it yourself

Since this is a completely auditory experience, you don't have to prepare much.



Mirror

Can use the small pocket-sized mirror provided or use any mirror in your home.



Audio (listen here)

Link to the audio, access anytime.

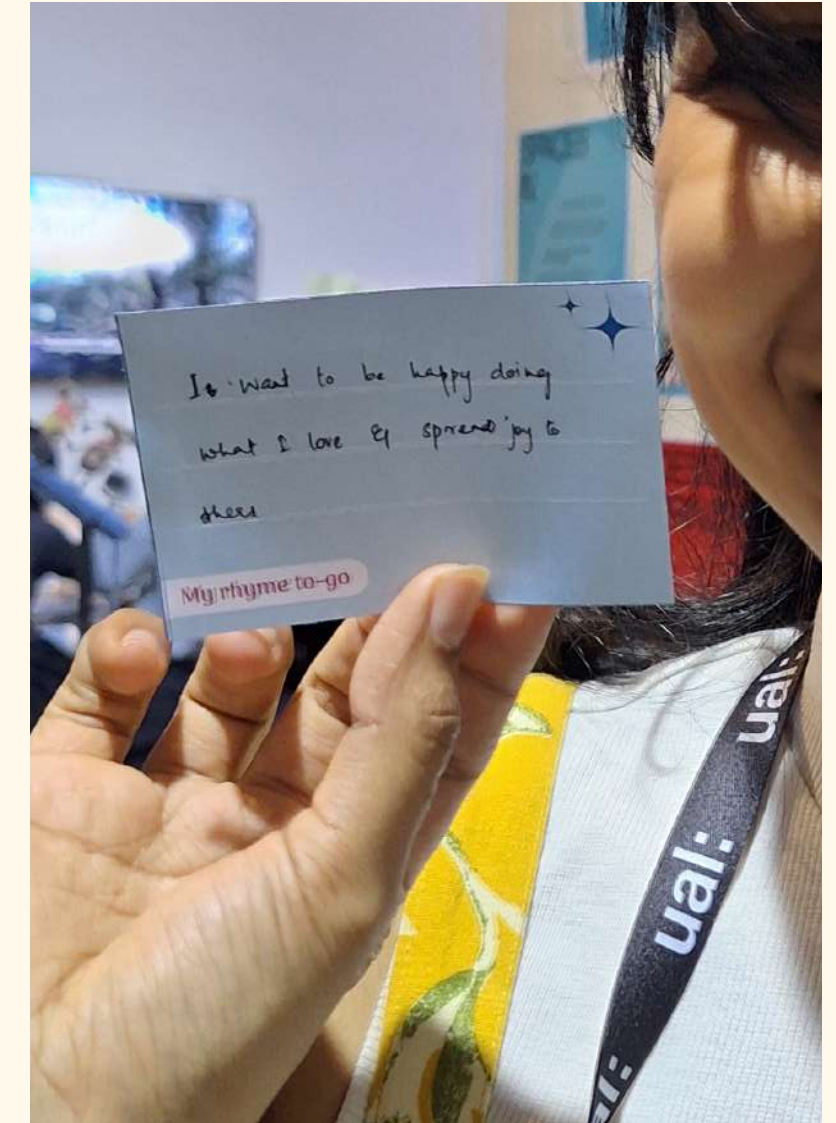
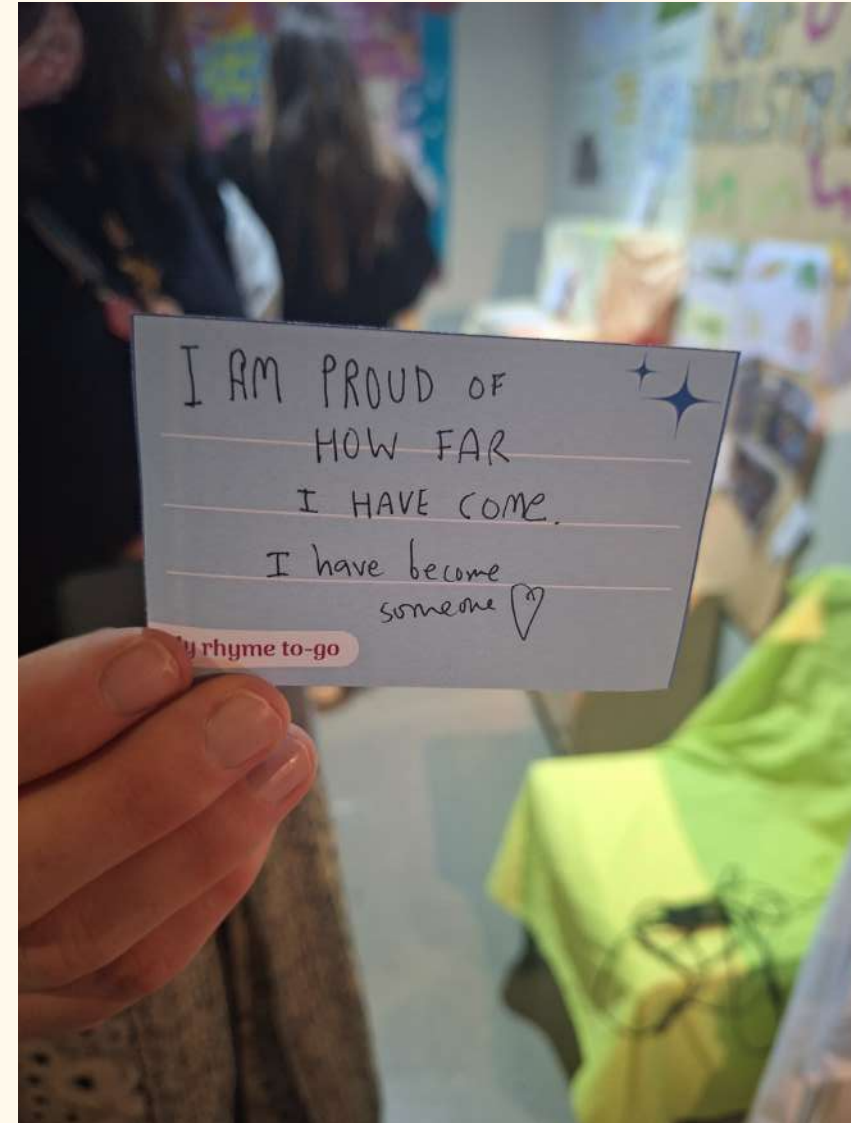


Rhyme Cards (download here)

Please locate the available print-ready files for the rhyme cards here.

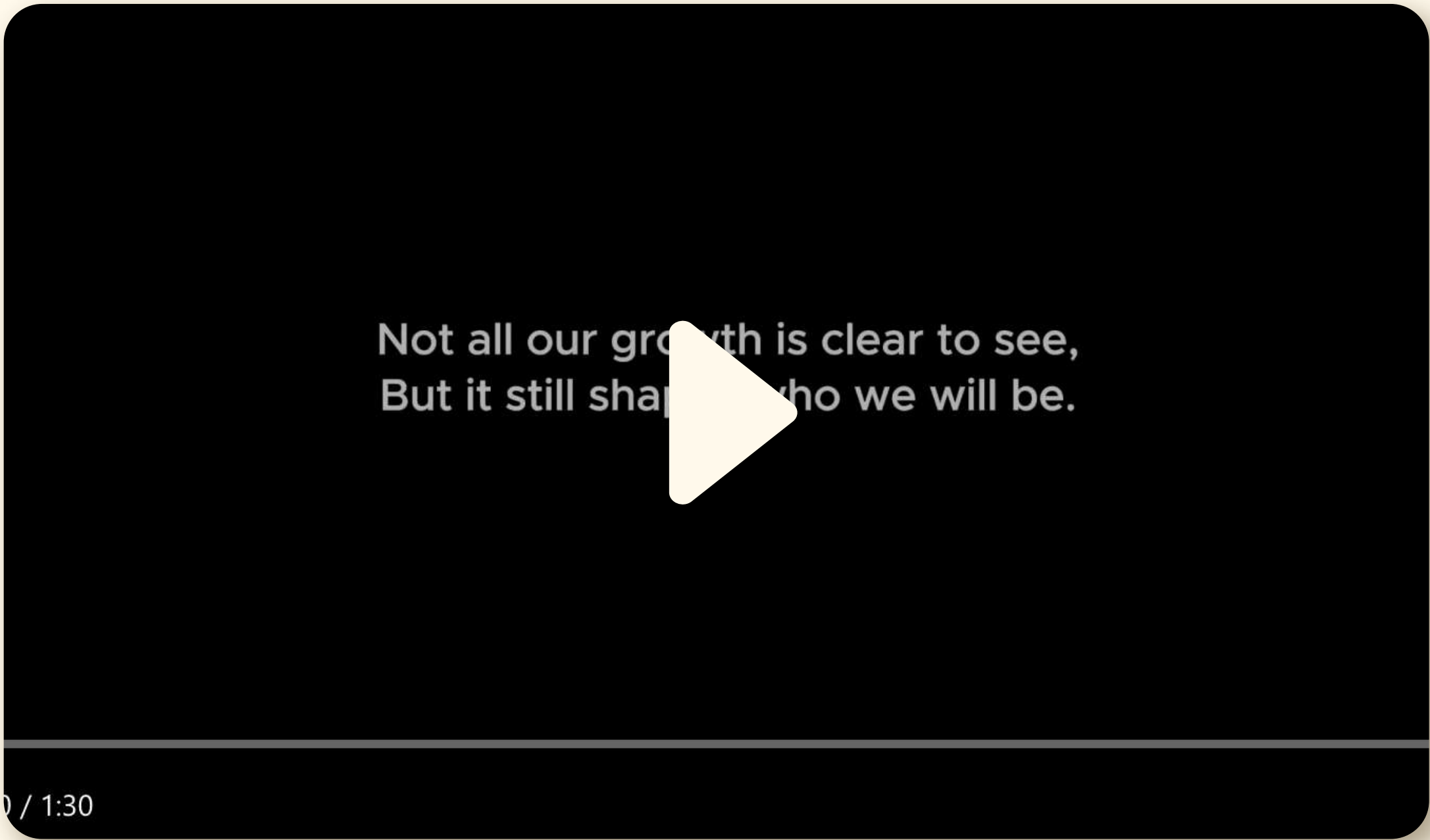
Get creative with how you use the card! Hang it from a keychain, paste it on your softboard or keep it in the back of your phone. Add a string and make it into a lasting bookmark. The possibilities are endless. (add mockups or photos)

Engagement



MIRROR *mirror*

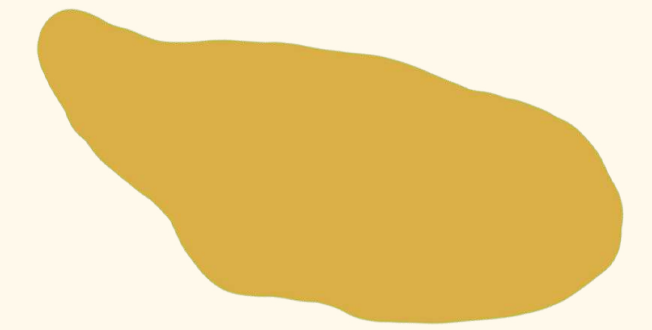
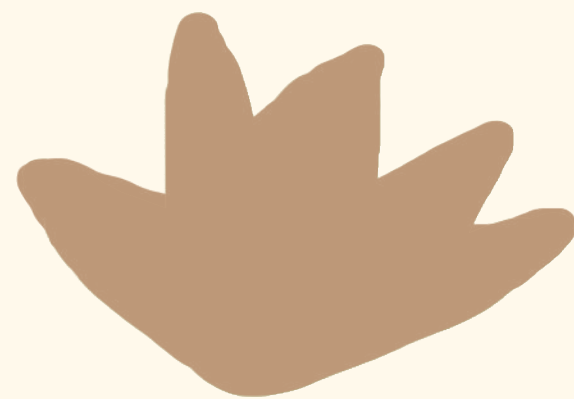
Video



→ [Watch Video here](#)

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Website Blurb



Learning from nurturing a tomato plant as a more-than-human partner, we recognized curiosity as a trigger for growth only with consistent care on the side.

What if, everyday, you were curious about all the ways that you and the world are growing together? What if, you prioritise your inner growth before others?

Imagine a world where we appreciate every little shift and blossom within ourselves. Inner change becomes a powerful catalyst to change the world. Our tool is meant to create a space for self reflection through feeling rather than just thinking.

With the assistance of an audio narration with rhymes, a guided self-reflective conversations are provided to support your experience of accepting both the chaos and the inner peace. Try acknowledging the journey you have been through and nurturing the self curiosity within you, in order to ignite inner change, hence the world.

Designed for personal use in any space, simply use a mirror as a complementary tool for the on-demand audio. Bring back your childhood curiosity and set intentions for yourself through the rhymes and rhythms!