One Minute at the Mirror

The practice from episode 01, written out for the bathroom door.

Before you leave the house

Stand where you would normally check yourself. Put the phone face down, out of reach.
Look at your face without adjusting anything. No hair, no collar, no expression.
Breathe out once, longer than you breathed in.

What to notice

What you wanted to fix first. That is the part of you that was taught to look, rather than to see.
Anywhere you feel the need to perform. Shoulders, jaw, the space between the eyebrows.
One thing you are willing to keep exactly as it is today.

Two weeks

Same mirror, same minute, every morning. Tick it off or do not — the ticking is not the practice.
By day ten it stops feeling like an exercise and starts feeling like arriving.

From episode 01, The Body That Carries You.