

Now that I've got you in front of a mirror, take a moment and look at yourself. What do you see? Who do you see? What stands out? Does it make you happy? Sad? Frustrated? Excited?

Maybe you love what you see as you look in the mirror at yourself. And you should. I mean you are smart enough to read this. Fortunate enough to have a mirror to read this in. Not to mention you are good looking enough that you haven't broken the mirror yet.

Mirror mirror on the wall, who is the greatest of them all? You are of course!

But on the other hand, maybe you don't have that kind of reflection, and you hate what is staring back at you.

Maybe he has messed up and missed out on important opportunities. Or maybe it's an addict you're looking at. Or maybe you look at this and see nothing but yourself and feel alone.

But remember, self-reflection is something you do by yourself. It's just you and you. Alone.

Whoever, or whatever you see in your mirror, I don't really care. You just needed to see them. Because you'll never see them again. Ever. Because next time you look in a mirror, there will be a new person there. But it's up to you if that person is better or worse than who you see now.

So I will stop now and leave you to say your goodbyes.