

# Mirror This

Hello, I'm Certified Life Coach, Meredith Gardner. I hope you find this download helpful as you work to believe statements that empower you with courage. I recommend you print it on cardstock, cut out the designs and laminate them if possible.

Mirror neurons are a type of brain cell that respond equally when we carry out an action and when we witness another person carry out the same action. They also help us track the emotions of another person. That's why we cry when we see others crying or why we might feel our stomach drop whether we are bungee jumping or we're watching someone else do it.

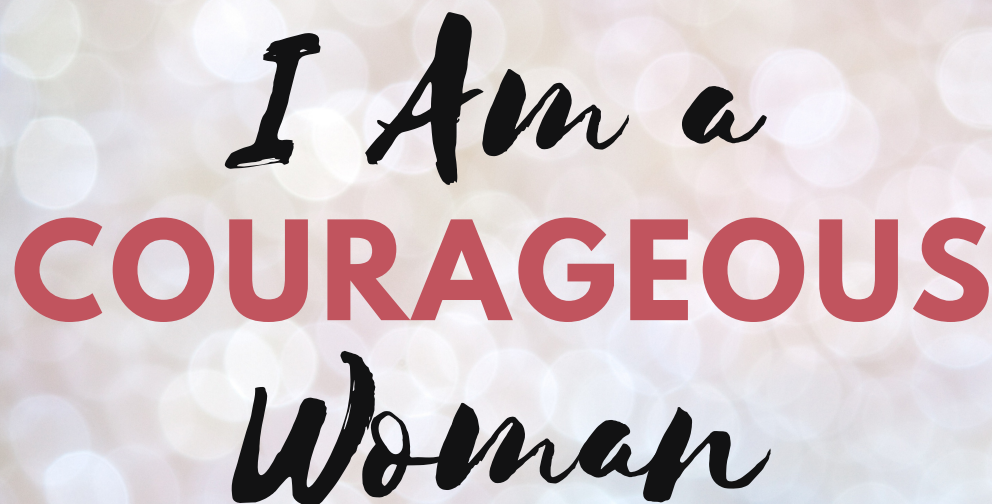
This is important for the development of social cues like compassion and empathy. This brain activity helps us know when we're safe or unsafe.

But it can also lead to unnecessary feelings of worry, overwhelm and stress if we take on other's emotions without regulating our own first.

We can learn to be intentional and create what we want, rather than just be at the effect of what we see other's doing.

Cut out and tape these reminders on your mirrors so that you can practice what you want to believe and achieve for yourself!

*Love, Meredith*



*I Am a*  
**COURAGEOUS**  
*Woman*

I help women find courage for honest conversation,  
Schedule a free private consultation at [www.meredithgcoaching.com](http://www.meredithgcoaching.com)

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Believing that everyone is doing the best they can helps you drop judgment and makes room for grace. This does not mean you continue to let them mistreat you (if they are doing so), it means you can believe this, accept others and have boundaries for your own well-being.



Create Your Own Reminder Here !

