

# Mirroring

Hello, I'm Certified Life Coach, Meredith Gardner. Your belief statements will defeat or empower you. Being aware of what you're mirroring - or inviting others to mirror - is the first step. Print these reminders on cardstock, cut out the designs, laminate them if possible and tape them to a mirror.

Mirror neurons are a type of brain cell that respond equally when we carry out an action and/or 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.

Practice Mirroring what you want to believe and achieve for yourself!

*Love,*  
Meredith



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Be Still  
My Soul



Create

WITH GOD,  
I AM THE CO-  
CREATOR OF  
THE LIFE I WANT

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