

Mirror Neurons:

why we imitate the people around us

What are Mirror Neurons?

It's a neuron that fires both when an animal acts and when the animal observes the same action preformed by another.

In short, we start to emulate and imitate the people whom we spend time with.

Why is this important?

It is essential to understand that in order to tune into your worthiness, you may have to take a look at the relationships you surround yourself with and ask yourself:

Are you serving me? or Are you depleting me?

We want to ensure that the mirror neurons in our brains are surrounded by positive people who build us up and make us feel worthy.

If anyone does not, it's time to rethink the relationship and take strides toward changing it.

People or scenarios
that build me up...



People or scenarios
that deplete me...



