

# Mirroring

By Sheila Giardina

Mirroring helps in many ways, as we mirror back what we heard the speaker say or what we heard from our group. When we first began mirroring, I noticed that it did not always reflect what I was trying to say. I felt misunderstood, which in turn, became a wonderful gift. It allowed me to realize what I had been putting out into the universe without knowing it. It gave me a chance to examine the seeds (my words) I had been planting and the words I had been speaking. This gave me an opportunity to adjust my words. So that I reap what I sow will always be positive.

**I heard...**

**Mirroring back at the end of a PC helps me...**

**I will thankfully accept...**

**Discover: I have discovered...**

**Fascinated: I am fascinated with...**

**If all things are possible, we can...**

**Power Statement:** To create a Power Statement, write something using all three of the Power Words below. In any form of the word. In one sentence or more.

**Imagine**

**Understand**

**Wealth**