








**Purpose of this neuro-tool:** To help your brain compare and contrast your fear and your desire

**How to use this tool:** Hold up left hand – fear to act. Hold up right hand – passion of your why

**When to use this tool:** Anytime fear causes fight, flight, or freeze response

**What you may want use to enhance this tool:**

-  Sight | Vision Board, visualization, 'Not That, But This'
-  Sound | Tool Recording
-  Smell | Essential Oils that enhance courage, passion & power (Recommended: Roman Chamomile, Basil, Lemon)
-  Taste | Imagination
-  Touch | Anchors, hands






**Rate my experience with this tool (1-10)**      1    2    3    4    5    6    7    8    9    10

**Why did you rate this tool as you did?**

**Changes I could make to elevate my experience with this tool:**

**Environmental:**

**Sensory Enhancements:**

-  Sight \_\_\_\_\_
-  Sound \_\_\_\_\_
-  Smell \_\_\_\_\_
-  Taste \_\_\_\_\_
-  Touch \_\_\_\_\_