








Purpose of this neuro-tool: To create mental and emotional clarity, focus, and purpose

How to use this tool: Look at your vision board with a soft focus and then clear your vision. Visualize your hand on the dial and turn.

When to use this tool: Anytime there is lack of clarity or competing energy.

What you may want use to enhance this tool:

-  Sight | Vision Board, visualization
-  Sound | Tool Recording
-  Smell | Essential Oils to create emotions of focus, clarity, and confidence (Recommended: lemon, spearmint, and clary sage)
-  Taste | Imagination
-  Touch | Anchors - snap






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 _____