








**Purpose of this neuro-tool:** Build confidence in your communications

**How to use this tool:** Sit in a quiet, comfortable place

**When to use this tool:** Use prior to ANY interaction with either your ideal customer or ideal business partner

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

-  Sight | Vision Board, visualization, Avatar Board
-  Sound | Tool Recording
-  Smell | Essential Oils that enhance confidence  
(Recommended: Roman Camomile, Lemon, Ginger)
-  Taste | Imagination
-  Touch | Anchors






**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 \_\_\_\_\_