








Purpose of this neuro-tool: To create stronger belief and confidence in your plan and goal.

How to use this tool: Touch thumb to index finger, then touch thumb to middle finger, then touch thumb to ring finger, then make a fist.

When to use this tool: When you need to power up your confidence. Use the affirmation “I CAN, I WILL, I AM, YES!”

What you may want use to enhance this tool:

	Sight	Vision Board
	Sound	Tool Recording
	Smell	Essential Oils to create emotions of self-esteem and empowerment (Recommended: Roman Chamomile, Basil, Lemon)
	Taste	Imagination
	Touch	Anchors – Finger roll






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	_____