








Purpose of this neuro-tool: To look into your own eyes and give yourself the love and appreciation you deserve.

How to use this tool: Look into the mirror and repeat after me.

When to use this tool: Mornings to set the tone for your day. Anytime you need reassurance.

What you may want use to enhance this tool:

	Sight	Vision Board, mirror
	Sound	Tool Recording
	Smell	Essential Oils to create emotions of self-love, confidence, and belief (suggested oils – bergamot, lemon, and lavender)
	Taste	Imagination
	Touch	Anchors, You are perfect!






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	_____