








Purpose of this neuro-tool: To create a perfect picture. A blueprint for the mind to create a clear vision and focus.

How to use this tool: Find a quiet place to focus and set the tone for the day -- typically in the morning

When to use this tool: Anytime things are not ideal. When you want to remind yourself exactly what you want to experience.

What you may want use to enhance this tool:

-  Sight | Vision Board
-  Sound | Tool Recording
-  Smell | Essential Oils to create emotions of focus, clear vision, and passion (Recommended: clary sage, ginger, and lemon)
-  Taste | Imagination
-  Touch | Anchors, Touch Vision Board/Heart






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 _____