








Purpose of this neuro-tool: To reprogram your internal language and heal your own worthiness

How to use this tool: Listen and repeat the affirmations

When to use this tool: Whenever you can sit quietly and focus, relax and allow

What you may want use to enhance this tool:

- | | | |
|---|-------|---|
|  | Sight | Vision Board, visualization, |
|  | Sound | Tool Recording, |
|  | Smell | Essential Oils, create the emotion of self-love, and acceptance |
|  | Taste | Imagination see your safe place |
|  | Touch | Anchors, tap your heart |






Rate my experience with this tool 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 | _____ |