








Purpose of this neuro-tool: Build confidence, always fear clearly, and respond appropriately

How to use this tool: Sit in a comfortable and relaxing place

When to use this tool: Use when preparing for conversations in which you expect to be challenged

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, tap heart center






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 _____