








**Purpose of this neuro-tool:** To connect and anchor affirmation #3 into your mind & body


**How to use this tool:** Rub sore spot & repeat affirmation 15 times

**When to use this tool:** Use as many times a day as needed

**What you may want use to enhance this tool:**

-  Sight | Vision Board, affirmation image
-  Sound | Tool Recording
-  Smell | Essential Oils that enhance motion  
(Recommended: Basil, Lemon, Peppermint)
-  Taste | Imagination
-  Touch | Anchors, rub sore spot

I joyously move into action today, enriching the lives of every person I touch. I love \_\_\_\_\_ knowing that what I offer can radically transform their lives.








**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 \_\_\_\_\_