








Purpose of this neuro-tool: To connect and anchor affirmation #1 into your mind & body

How to use this tool: Use 3 fingers to press onto the sore spot and rub while looking at the Affirmation. Repeat 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 a feeling of peace & well-being (Recommended: Rose, Bergamot, Ylang Ylang)
-  Taste | Imagination
-  Touch | Anchors, rub sore spot

I am always
in the right place
at the right time
to take advantage
of all I need to achieve my
wildest dreams. 






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 _____