








Purpose of this neuro-tool: To put fear, doubt, and past failures behind you

How to use this tool: Be in a safe and quiet place.

When to use this tool: Use this tool when remembering negative memories and having negative mind chatter. Do at the beginning of the day.

What you may want use to enhance this tool:

-  Sight | Vision Board, visualization
-  Sound | Tool Recording
-  Smell | Essential Oils to create emotions of creating, starting over, empowerment, and self-assurance
(Recommended: ylang ylang, black pepper, and cypress)
-  Taste | Imagination/Bitter/Sweet
-  Touch | Anchors – That was then/This is now – left hand to shut out negativity & right hand over 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 _____