






**Purpose of this Neuro Tool:** To create stronger belief and confidence in your plan and goal.

**How to use this tool:** Touch thumb to index finger, then touch thumb to middle finger, then touch thumb to ring finger, then make a fist.

**When to use this Neuro Tool:** When you need to power up your confidence. Use the affirmation "I CAN, I WILL, I AM, YES!"



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

	<b>Sight</b>	Vison Board
	<b>Sound</b>	Tool Recording
	<b>Smell</b>	Essential Oils to create emotions of self-esteem and empowemet (suggested oils - ginger, bergamot, and cassia
	<b>Taste</b>	Imagination
	<b>Touch</b>	Anchors - Finger roll






**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	_____