








Purpose of this Neuro Tool: To shift your energy from fear to action.

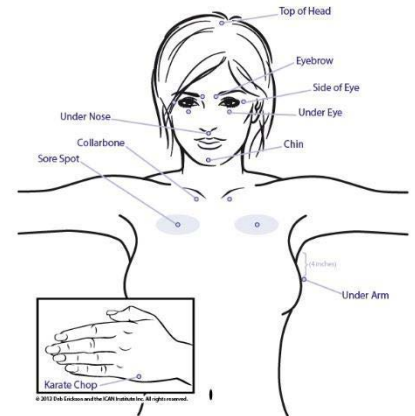
How to use this tool: Listen-repeat and tap.

When to use this tool: Use this tool when fear has triggered your fight/flight/fear. When your fear rating is higher than 5.

What you may want use to enhance this tool:

- | | | |
|--|-------|---|
|  | Sight | Vision Board, visualization |
|  | Sound | Tool Recording, Repeat After Me |
|  | Smell | Essential Oils to create emotions of confidence, self-assurance, and elevation (Recommended: cassia, juniper berry, and motivate) |
|  | Taste | Imagination |
|  | Touch | Anchors – tapping |

Tapping Points








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	_____