# Neuroscience-Based Coaching Tools – Combined Coach Guide & Client Tracker

This document contains structured, step-by-step guides for eight Neuroscience-Based Coaching Tools. Each section includes fillable areas for coaches to track progress, client insights, and outcomes.

## Neuroplasticity Rewiring Techniques

### Step 1: Identify Limiting Belief/Habit

Record the belief, thought pattern, or habit the client wishes to rewire.

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### Step 2: Define New Empowering Belief/Behaviour

Write the replacement belief or behaviour.

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### Step 3: Motivation for Change

Why is this important for the client? What impact will it have?

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### Step 4: Visualization Practice

How will the client visualize this change daily?

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### Step 5: Repetition Commitment

Define daily practice routine and consistency goal.

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### Progress Log

Track weekly reflections on progress and challenges.

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### Outcomes & Insights

Record evidence of change or reinforcement.

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## Amygdala Hijack Awareness Tools

### Step 1: Identify Trigger

Describe recent event or scenario that caused intense emotional reaction.

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### Step 2: Recognize Responses

List physical/emotional signs during the hijack.

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### Step 3: Pause Techniques

What calming tools were introduced or used?

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### Step 4: Reframe Situation

How did the client reinterpret the event after regulation?

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### Step 5: Pattern Recognition

Note recurring triggers or patterns.

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### Progress Log

Record check-ins of recovery time and self-awareness.

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### Outcomes & Insights

Observed improvements in self-regulation.

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## Somatic Anchoring

### Step 1: Anchor State Selection

Recall a moment of confidence/calm/joy.

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### Step 2: Intensify Emotion

Describe how to amplify the emotional and sensory experience.

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### Step 3: Apply Anchor

Choose a unique gesture or stimulus.

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### Step 4: Repeat & Reinforce

Strengthen the anchor through multiple repetitions.

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### Step 5: Test Anchor

Fire the anchor later and note response.

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### Progress Log

Note each use of the anchor and emotional impact.

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### Outcomes & Insights

Shifts in emotional resilience and access to state.

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## Brain-Based Journaling

### Step 1: Reflective Prompt

What event triggered a reaction today?

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### Step 2: Emotional Awareness

What emotion was felt, and where in the body?

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### Step 3: Insight & Learning

What did the client learn about themselves?

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### Step 4: New Thought Practice

What alternative thought can be practiced instead?

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### Step 5: Daily Practice

Define consistent journaling routine.

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### Progress Log

Review entries to identify mindset shifts.

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### Outcomes & Insights

Observed emotional growth and perspective shifts.

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## Nervous System Regulation Tools

### Step 1: Identify Trigger Context

What situations cause dysregulation?

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### Step 2: Select Regulation Technique

Box breathing, grounding, vagus nerve activation, etc.

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### Step 3: Practice & Application

Define when/how client will use technique.

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### Step 4: Daily Routine

Encourage consistency and timing for regulation practices.

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### Progress Log

Track use of techniques across stress events.

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### Outcomes & Insights

Document improved regulation and calm responses.

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## Heart-Brain Coherence Tools

### Step 1: Centering

Bring awareness to the heart area.

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### Step 2: Coherent Breathing

Practice slow, even breathing through the heart area.

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### Step 3: Positive Emotion Activation

Recall a feeling of appreciation or love.

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### Step 4: Sustain Practice

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### Step 5: Application

Use before decision-making or challenging situations.

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### Progress Log

Track practice frequency and outcomes.

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### Outcomes & Insights

Observed clarity, calm, and improved decision-making.

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## mBIT (Multiple Brain Integration Techniques)

### Step 1: Define Decision/Issue

Identify the topic to align head, heart, and gut intelligences.

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### Step 2: Tune into Head

Logical perspective – what is thought?

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### Step 3: Tune into Heart

Emotional/values perspective – what is felt?

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### Step 4: Tune into Gut

Intuitive perspective – what does instinct suggest?

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### Step 5: Integration

Align perspectives or sequence priorities.

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### Progress Log

Note changes in alignment and decision outcomes.

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### Outcomes & Insights

What shifted in clarity and coherence?

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## Sensory Mapping Exercises

### Step 1: Identify Emotion

What is the client feeling?

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### Step 2: Locate in Body

Where is the emotion felt physically?

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### Step 3: Describe Sensation

What qualities does it have (tight, heavy, warm, etc.)?

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### Step 4: Intensity Rating

Rate intensity 0–10.

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### Step 5: Trigger & Context

What situation caused the emotion?

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### Progress Log

Track recurring sensations and changes.

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### Outcomes & Insights

Observed emotional awareness and regulation.

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