

EFT Transcript from the Defining What You Want In Your Life Broadcast

Tap the side of the hand repeatedly while saying:

“Even though I was taught it’s not ok to want what I really want and it’s definitely not ok to go after what I really want because I need to think about what’s practical and realistic, I deeply and completely love and accept myself anyway.” Still tapping the side of the hand...”Even though I’m used to settling for less than what I really want because my dreams and desires always seem to be so unrealistic, I deeply and completely love and accept who I am.”

Still tapping the side of the hand... “Even though I’m convinced that I can’t achieve my goals and live my dreams because I’m not good enough or smart enough or young enough or old enough or I don’t have the connections or I’m afraid of failing or I’m afraid of succeeding or whatever my mind is telling me about this, I deeply and completely love and accept who I am and I choose now to see this differently”

Now you can stop tapping the side of your hand and we’ll begin tapping the top of the head. Just tap this point repeatedly as we say the next part and I’ll tell you when and where to move from there.

So Top of the head- I can’t achieve my goals

Eyebrow- They’re always so unrealistic

Side of the eye- Everybody knows you have to be practical

Under the eye- And settle for what makes sense

Under the nose- Dreams are nice to have

Chin- But you can’t live on dreams

Collar bone- I have to go with what is practical and realistic

Under the arm- Even if that means settling for less than I want

Top of the head again- Though I might have to settle for less temporarily

Eyebrow- That doesn't mean I have to give up on my dreams

Side of the eye- Nothing is impossible

Under the eye- And I bet there are people in the world

Under the nose- Who have done what I want to do

Chin- So, clearly, my dreams aren't impossible or even impractical

Collar bone- I just have to learn what I need to do to live those dreams

Under the arm- And be willing to do it

Top of the head- I choose to take my dreams and goals seriously

Eyebrow- I am willing to follow my dreams

Side of the eye- I know I can do it, no matter what it is!

Under the eye- I am good enough

Under the nose- I am smart enough

Chin- I am deserving of my dreams and goals

Collarbone- And I am going to start chasing them starting now

Under the arm- Because there is nothing I can't be, do or have

Take a deep breath.

EFT for indecisiveness.

So tap the side of the hand repeatedly and repeat after me:

“Even though I feel so overwhelmed as I look at my list...there are so many things I want to do...which one do I pick? I deeply and completely love and accept myself anyway.”

Still tapping the side of the hand- “Even though I just can’t make a decision about what to work on because there are so many things to choose from and they’re all important to me and I just can’t narrow it down, I accept myself and this conflict.”

Still tapping the side of the hand- “Even though I don’t like making decisions because what if I choose the wrong thing? What if something other than what I pick is more important? I deeply and completely love and accept myself and I choose now to be surprisingly calm about this decision”

Top of the head- I don’t like having to make decisions

Eyebrow- What if I choose the wrong thing?

Side of the eye- It all seems so important

Under the eye- I mean, I want to do everything on this list

Under the nose- But where do I start?

Chin- I’m not sure I’ll make the right decision

Collar bone- And what if I choose something and I fail at it?

Under the arm- I don't like making decisions

Top of the head- Tanya's advice is very good

Eyebrow- Choose the thing that is the most important

Side of the eye- Of everything on this list

Under the eye- Which one thing is the most pressing for me right now?

Under the nose- I think I know what it is

Chin- Yes, I do know what it is

Collar bone- So that's where I'm going to start

Under the arm- I'm going to choose to work on that one thing

Top of the head- I relax about my decision

Eyebrow- I know that everything else on this list will get done in time

Side of the eye- It actually feels good to prioritize

Under the eye- It feels good to make a decision

Under the nose- I know I can do this

Chin- I'm much more capable than I sometimes give myself credit for

Collar bone- I can do anything I put my mind to

Under the arm- And it feels really good to make this choice now

Take a deep breath