### The Tapping Points

- Eyebrow point: on the inside of your eyebrow
- Side of the eye point: right on the edge of the bone on the side of the eye
- Under the eye point: in the center of the top edge of the bone under the eye
- Under the nose: between the nose and upper lip
- Chin point: in the cleft of your chin
- Collarbone point: find the U-shaped bone at the base of your neck and follow either side down at an angle to find a slight depression
- Underarm point: about four inches down from your armpit
- Top of the head point: at the center of the head

### How Do I Know What To Say?

The fuel for effective Tapping is voicing words that connect to the negative emotions, limiting beliefs, and intensity of resistance you might feel, often subconsciously, when thinking about something you want to change. The more emotion you put behind your words, the better, since it's the emotions you need to release. It's sometimes helpful to start by exaggerating emotions to seem bigger than what you think you might feel in order to trigger emotions you might be ignoring.

As you get more comfortable doing it, substitute feelings and other words that relate more to you and your situation. It’s good to do one round with my words. If you’re clearing something that causes a lot of negative emotions, do the round several times. Most scripts have both a negative and positive round. Once you feel your negative emotions subside about what you tap on, move on to the positive round.
Chapter 4: How Do You Really Feel About Money?

Exercise #1

Answering the question, “Why don’t I have more money?” requires you to look below the surface of your conscious feelings, often way below, to discover your true emotions about it. The first exercise allows you to take proactive steps to recognize those that drive your financial picture. After all, you can’t change what you’re not aware of. Try this with a very open mind so you can begin to recognize the truth about why you don’t have more money:

Write: Write your current income—the actual number you earn right now—in big letters on a blank paper. If you’re trying to start or build a business or switch from a mediocre job to the job you’d love to have, write just the income you’d earn in your dream job—the one you want to expand the most, the career or work you want as your biggest source of income. Even if you work a part-time job to help pay bills, just include income sources you want to expand.

Express: Focus on the number you wrote down and say out loud, “I’m earning ________ per week/month.” Even at this point in the exercise some people start feeling uncomfortable about that black-and-white number. Now look at it and say a loud, “It’s not enough!” Take some deep breaths and allow yourself to feel what happens in your body when you say that.

Evaluate: Note how true this statement—“It’s not enough”—feels to you. Does it create an intense feeling in your body? Write down those feelings and measure them on a scale of 1 to 10, with 1 being calm and 10 representing the most intense, uncomfortable emotion when you say, “It’s not enough!”

Tapping for Emotions about Income

Take a minute to restate out loud, “It’s not enough.” The script is a guide. You can use it as a reference to write your own. It may take several rounds or more before the emotions have no impact on you. Tap on your list of feelings and thoughts triggered by saying “My income is not enough.”

Say the following phrases aloud while tapping on the Karate Chop point on the pinkie side of your hand:

Even though the truth is, I try to be positive, but this number is just not enough. And I really feel that right in my stomach it is depressing. It is scary. It is hopeless and I am really disappointed. I totally honor all of these real feelings and I am so open to healing them because this is a conflict.
Even though this money just isn’t enough I am going to accept all my awful feelings about that—this hopeless feeling, this deep shame. Shouldn’t I be ashamed? All my disappointment and all my fears. Oh my God! What if it never changes? I am really feeling the pain of money.

Even though my money just isn’t enough. I am just not earning enough and that is the truth. I honor who I am anyway and all this heavy emotion about money. It feels so disappointing, depressing, it is a battle.

Continue tapping through all the points using the following phrases:

→ This feeling in my stomach
→ Oh! I don’t want to look at this
→ My income just isn’t enough
→ I try to be positive
→ I have been being positive for years
→ And it is still not enough
→ It hasn’t ever been enough
→ It is really scary
→ It feels hopeless
→ Disappointing
→ And shameful
→ It is just not enough
→ Panic
→ Fear
→ Depression
→ Anger
→ Every time I think about money
→ Every time I see my income
→ It is really hard to be grateful
→ When I feel so bad
→ It is just not enough

Take a nice deep breath. Now look at your income again and voice aloud, “It’s not enough.” The statement may still be very true, but re-measure how intense your feelings and reactions are now on the scale of 1 to 10. This is a great way to see how far you’ve shifted or if you need to tap through the round again. When the emotional intensity comes down on the scale to a 1, you can get to the other side and go from fear, sadness, and disappointment to empowerment and a whole new vibe about your income. So get positive! When you disconnect your programmed response, you can instill a new one. You have the space and ability to choose a new way to feel great, excited, interested, and enthusiastic about money.
Tapping to Reframe How We Feel About Money

Say the following phrases aloud while tapping on the Karate Chop point:

Even though my income still isn’t enough, I am totally open to the millions of ways that money can show up for me. Even though this isn’t what I wanted it to be, I recognize in the present moment that I am just looking at a result on paper, from my past. But in this present moment, I am a powerful manifestor.

So I am changing my vibration about money. I am totally open to all the ways money can start showing up for me. And everything I need, I am now attracting to me. To allow more money into my life, I am now attracting ideas, inspirations, actions, people, circumstances—anything I need to allow money to show up for me. I am opening up my vibration about money by saying one simple word—Yes! I am now saying YES to money!

Now tap through the points using the following phrases, or your own:

→ Looking at money used to make me angry
→ Or fearful and depressed
→ Now when I look at money, I just say YES
→ I actually love receiving money
→ It is really fun to get money
→ I actually am grateful for the money I have right now
→ I am now open
→ To receiving any kind of (legal) money
→ I am saying YES to all sorts and forms of money
→ Cash, check, or charge
→ I am saying YES to money
→ A whole new vibration about money
→ I am letting go of fear and depression
→ I am letting go of shame and anger
→ And I am now allowing
→ The REAL me
→ To resonate with money
→ I really love money
→ It is fun because I am good at what I do
→ I really love earning money
→ I love what I do
→ I am really good at it
→ And now I am open to receiving
→ With one simple word
→ Yes to money
→ I am saying YES to money
I am going to say YES to money all day long
When I wake up in the morning
When I go to sleep
Yes to money
Even when I dream, I am saying YES to money
I love this vibration
I love this vibration of receiving
I am now receiving and welcoming
More money into my home, into my business, right into my hands
I am so curious as to how it will show up
And I am already feeling
Excited and grateful for more money showing up
Yes to money
Thank you for money
Open to receiving money
All the way through me
Mind, body, and soul

Exercise #2

Here’s another exercise to find more clues about how you really feel about money. As bad as the fight-or-flight response triggered by your income can feel, what results from this exercise can bring up much darker stuff. This is the ruthless, negative self-talk we continually bombard ourselves with, leading to blame, judgment, recrimination, and punishment. It’s a secondary effect of how you really feel about money, but its impact can be even more powerfully damaging. This next exercise will help raise your consciousness about your inner self-talk so you can really start moving forward.

Look at the income number you wrote down and say, “It’s not enough.” Then fill in the blank in this sentence: “This means I’m ______.” It can be hard. I’d venture to guess you’re beating yourself up on your own anyway. List as many answers as you can think of. Keep it on your mind as you go through your day and add to your list.

Tapping for Negative Self-Talk

Say the following phrases aloud while tapping on the Karate Chop point:

Even though my income isn’t enough, I totally blame myself. I am a loser. That’s what my income means. I should have been able to fix this. I should be doing better. Clearly I haven’t done enough and I am going to love and accept myself as totally unacceptable.
Even though my income is just not enough and I know what that means. It is all on me. I should have done it better. I should be doing it right. I am totally missing something. I am failing. I honor who I am anyway.

Even though this income right here on my paper means only one thing I am screwing up. I am failing. This number defines me. I accept who I am anyway, even though I really don’t because I should have done it better.

Now tap through the points using the following phrases, or your own:

→ All this heavy self-judgment
→ I should have done it better
→ I keep screwing up
→ I must be missing something
→ Oh my God! I’ve got to figure this out
→ This number means
→ I am losing
→ I am failing
→ I am not doing it right
→ It is so heavy
→ I feel all the guilt
→ So stupid
→ It is so embarrassing
→ If people knew what I earned
→ I would be humiliated
→ It is all me
→ It has got to be
→ I am doing it wrong
→ And every time I think that thought
→ I tell the Universe
→ I don’t deserve
→ And it feels so heavy
→ That I get stuck
→ And my view of abundance
→ And possibility
→ Shrinks down small
→ Should have done it better
→ All my fault
→ I am failing
→ Every time I think those thoughts
→ I contract
→ I get stuck
→ I push myself lower
→ I push my deserving lower
→ All these self-judgmental thoughts
→ I am open to seeing them for what they are
→ Thoughts running in my head
→ Habitual thoughts running in my head
→ I am just going to be open to the idea
→ That I have always done my best
→ And I actually deserve right now
→ That would feel really different

Take a nice deep breath and say, “That means I’m ________.” Notice how much less intense and true if feels. Take a second to re-measure how true it feels now and compare it to the number you felt before tapping. If your “it feels true” number is still above a 2, repeat the rounds of tapping with words that resonate your feelings until it feels like they don’t fit you anymore. After your negative self-talk dissipates, get positive! Choose self-talk that supports you and your goals for being a better money manager.

### Tapping For Positive Goal Support

Say the following phrases aloud while tapping on the Karate Chop point:

Even though my income still looks really bad on paper, the truth is, I am not a loser. I have made some mistakes, maybe I have played small, but I have what it takes to make a change.

Even though this current income does not reflect my value, that does not define me! I will not be defined. I have more potential in me than I have seen yet. Instead I honor my brilliance and I am open to more of that, more of my own brilliance.

Now tap on the points as you say each of these phrases, or your own:

→ Looking at my income was making me think
→ LOSER
→ Boy is THAT HELPFUL!
→ NOT!
→ I do have a challenge here
→ And I am going to rise to the challenge
That is what a winner does
I am not even sure how yet
But I am setting my sights higher
I can do this!
The truth is I am pretty smart
I am grateful for my brains!
I can learn anything
And I have accomplished a lot of things in my life
Some of them were really hard, but I did it
I am grateful for my persistence
I’ve done some things that were scary
But I pushed through and found the courage
I am grateful for my courage
I have made lots of mistakes
And each one has made me smarter
Each one has taught me lessons
Each one has made me savvy
I am grateful for my mistakes!
All this supports me in this new vision
My income is just where I am right now
Not who I am!
As I remember I am the hero of my story
I am the hero of MY LIFE
I get to move forward growing my income
With confidence, with courage, with clarity
I totally honor who I am right now!
And who I am becoming
I honor my income and the challenge it gives me
A challenge—I ACCEPT!
With honor, with brilliance, with all of me!
I am sooo going for it!
Take a deep breath. Can you feel that you’ve shifted from the extreme of negative self-talk to neutral? Can you remember your truth? Recall your strengths, gifts, courage, and desire to achieve. Does it sound like a self-pep-talk? That’s exactly what it is and infinitely more powerful after dissipating negative self-talk. If you still have negative feelings, do the rounds again until you feel calmer about them. Notice how much more energy, enthusiasm, and willingness you have to grow your income by remembering that you’re the hero in your story—much better than feeling like a loser! Energy, enthusiasm, and willingness become inspired and determined actions. And actions get results!
Chapter 5: Your Earliest View of Money Paradigm

Exercise #3

Sit with your eyes closed and picture yourself around age six or seven. Take a nice deep breath and let your mind fill in details of that picture. Get to the point where you can see what you’re wearing. Some people worry they’re making up a picture or remembering a photograph. It’s okay. The important thing is to let your mind paint a detailed picture in whatever way it can of you as a child.

Next paint your parents into the image. Picture them talking about and dealing with money or bills. See that whole picture.

What’s going on in it?

How do your parents seem to feel about money?

What are they doing?

What are they saying?

Now look at you in the picture. You’re just a child, but are downloading all that data about money, working hard, scarcity, disempowerment, and fear. What are you feeling in the picture? Note how well the feelings and challenges your parents have about money match how you currently operate around it in your life. Usually it’s shockingly similar.

WRITE: Get all the details you remember about that money picture and the feelings money created when you were young down on paper. Think about this over the next few days and if something else comes up, write it down too. These details will help you find and clear blocks. Don’t limit observations to what you think is important. Note everything!

Tapping for Family Paradigm

Follow this script while tapping through the points:

→ There they are—my parents
→ There was panic and fear around money
→ Anxiety and worry about money
→ Anger and fighting about money
→ Never ending cycles of scarcity
→ Of struggle, of disempowerment
→ And the fear that comes with it
We totally believed in scarcity
Scarcity was real in our family and my parents lived in it
Fear about money
Anger about money
Betrayal over money!
Hopelessness about money
Disappointment over and over
Disappointment about money
And there I am, I am feeling it
I am downloading this paradigm
All of this programmed
Into my sub-conscious mind
Programmed into my very nervous system
My family’s money paradigm
I honor the pain we had
I honor the pain my parents had
I honor the sadness, the loss, the unfairness
And I am so open to letting this go!
For my highest good
Fear about money
Depression about money
Hopelessness and loss about money
Shame and disappointment connected to money
Anger and fighting connected to money
I totally honor that was their way
And I am open to releasing this
So I can create my reality in my present moment

Take a nice deep breath. Sometimes when you first do Tapping for this, lots of emotion is released as you connect to the loss, unfairness, and grief of your family’s past. When you feel this release, you increase your consciousness of how much negative pressure related to money you carry. After tapping, check the image of your family paradigm again. It should be calmer and feel more distant. Then identify anything vivid or loud about that scene that still feels stuck and do more specific tapping about it.
Follow this script while tapping through the Tapping points:

- I've seen something important today
- I have seen my parents' paradigm
- And it became my paradigm
- I totally honor that
- This was my parents' reality
- That came from their life
- Their beliefs, their pain
- Their paradigm!
- I never wanted this paradigm
- But I have been re-living it
- I have been loyal to it
- I have been battling it
- It has been running me
- Now I am shining
- The light of consciousness on this
- And that changes everything
- I am letting go of this old paradigm
- And my vow to be loyal to it
- And my vow to recreate and battle it
- I honor my parents and all their struggles
- But this is my time now
- I want to create my own new paradigm!
- I am open to a whole new way with money
- I am open to earning much more
- Doing what I love
- I am open to feeling totally secure with money
- I am open to becoming a fantastic money manager
- I am the master of my life
- Creating my life, creating my money!
- It’s my time to go further and live bigger
- And it’s my choice now
- I free myself from these old rules
- I free myself from this old paradigm
- And I am now free to choose!
Do this round again until you feel the message. Positive, excited emotions generated from Tapping keep you in a good vibration so you can begin to change your financial picture for the better.
Chapter 6: Financial Trauma

Exercise #4: Identify Financial Trauma

Write down the amount in your savings right now. If you have none and/or have debt, just put the number 0. We’ll deal with debt in the next chapter.

Look at that number. Then just below it, write down how much you’d love to have in your savings account. Now, I don’t mean the million or billion dollar future vision. For now just use the number that represents the next step up from where you are now. Think in terms of how much you’d have to increase your savings account to feel more secure.

Look at those two numbers and then focus on the exact amount of savings you have. Once you’ve absorbed that number, say out loud, “It’s not enough.” “It’s never been enough.” Pay attention to how true that statement feels, and what emotions come up when you say it. Also see if any past events pop into your mind that contributed to your current level of savings.

Look at your savings account again, think about any related past event that still lingers in your thoughts in a negative way, and ask, “What does this mean about me?” Then look at the amount in your savings account and the gap between that and what you’d like to have, and fill in the blank: “This means I’m ______.”

Tapping for Lack of Savings

We’ll start tapping by addressing the immediate emotions that arise when you think about your lack of savings—typically, fear, worry, and sadness. Then you can move on to address any financial trauma that may have played a role in negatively affecting your ability to increase your wealth.

Follow this script while tapping through the points:

→ My savings are dismal
→ It’s depressing
→ It fills me with anxiety
→ So I try not to think about it
→ I don’t want to think about it
→ And it reminds me
→ How different things could have been
→ It feels like I have lost so much
→ Feeling safe and supported
→ So very sad
→ Maybe I have never really felt safe
→ No security
→ What if something happens?
→ I have no safety net
→ Disappointment and sadness
→ It feels like loss
→ I am feeling it
→ Sad and unsafe
→ All because of my LACK of savings
→ Sadness and fear welling up in my emotions
→ I should be so much further ahead
→ It feels impossible!
→ But I honor my feelings
→ And my true desire
→ To be safe and supported

Notice how the emotions can tend to get more intense before they start to lighten up. Try tapping through the script again until the words feel less charged and don’t feel very true. Now tune into any past story that fits the description of a financial trauma affecting the current level of your savings. First measure on a scale of 1-10 how intense you feel when you think about that event and write down the feelings and the intensity (1 being none and 10 being the worst).

Tapping for a Financial Trauma That Affected Savings

Follow this script while tapping through the points:

→ I know exactly why I have so little saved
→ It all started in that past story
→ I can see it all so clearly
→ So I try not to think about it
→ But the evidence is loud and clear
→ I am still paying the price of that day
→ How different things could have been!
→ If I hadn’t made those choices
→ If that hadn’t happened
→ Looking back it is so frustrating
→ And so unfair
→ I wish I could change it!
→ But I can’t and that’s depressing
→ Demoralizing!
→ And the mistakes I made
→ Why was I so stupid?
→ And the betrayal of it all
→ Such a shock
→ I am still shocked
→ It destroyed my finances
→ And it’s hard to let that go
→ Why should I?
→ No one understands the trouble it caused
→ And how much money I lost
→ How can I forgive and forget?
→ I honor this story and all my feelings
→ I am open to letting this go
→ So I can start with a whole new energy
→ I could start today
→ If I can let go of this story
→ I can be free to start over!

Now take a breath and recheck how intense you feel when you think about that story again. Tapping will continue to neutralize the emotions and memories of the event so you can move on with the energy to start anew. It’s important to make the connection that every time you think about the amount in your savings account, it triggers an entire fight-or-flight response in your body—fear, anxiety, panic, frustration, and negative emotions like sadness, depression, loss, as well as very harsh inner talk, and shame focused on your ability or inability as a money manager.

Tapping for Creating Fabulous Savings

Follow this script while tapping through the points:

→ When I look at my savings account
→ And remember that old story
→ I often criticize myself
→ And my money savvy
→ I am not really a great money manager
→ I sometimes feel inept with my finances
→ Or maybe I have NEVER been smart with money
→ And I often review all the evidence I have that reinforces that I am bad with money
→ A criticism and a foregone conclusion
→ No wonder I don’t put a lot of focus on money management
→ No wonder I don’t have a plan
→ Well that was then and this is now
→ I may not have all the skills I need today
→ But I now commit to growing myself
→ Into a much better money manager!
→ I am smart
→ I can learn
→ And now I am open to putting in the time
→ I am open to focusing on my finances
→ And becoming a smart and savvy money manager
→ Maybe even a million dollar money manager
→ And as I focus on my savings account
→ It will grow and expand
→ I can learn from the past
→ And grow into my future
→ I CAN do this
→ And I am starting today!
Chapter 7: How Debt Keeps You Stuck

Exercise #5: Identifying how Debt Makes You Feel

Here’s an exercise to test your emotions concerning debt, broken into two parts. Here’s the first one:

On a piece of paper, write down the total amount of your debt in very large numerals with a big dollar sign in front of the number. Some people use red marker, since visually it triggers more. Be brutally honest with yourself and add up everything you owe from credit cards, personal loans, car loans, etc. You may feel like you always struggle to make ends meet, even if you’re earning a decent income. This can mean you’ve been lying to yourself and living above your means, which only increases debt levels.

Facing this debt number is hard for most people, but it will give you a new sense of power and bolster your determination to eliminate that debt. Look at that number and say the following out loud with your number inserted. “I have $5,000 in debt,” “I have $50,000 in debt,” As you say it, pay attention to feelings and raw sensations that arise when you speak that number.

Now that you’ve identified some feelings that your debt evokes, try the second part of this exercise to understand how your debt makes you see yourself.

Think about your debt and then finish this sentence: “This debt means I’m __________.”

Tapping for Feelings about Debt

Preparing for the first Tapping exercise can take a little time. Reflect back on the emotions you identified in first exercise about how your debt makes you feel. Look at your debt number and how you answered: This means I’m __________.” The first Tapping exercise refers to negative thoughts that most people report. I include some very dark emotions. Substitute your own words when possible. Remember that when you tap on very dark thoughts as if they’re true, you don’t reinforce them. True or not, Tapping will dissipate them.

Tap through the points using the following phrases, or your own:

→ I have all this debt
→ And I am feeling it
→ I feel anxiety
→ It feels like life and death
→ This is really bad; I feel panic, fear, and worry
And I’m so ashamed, so embarrassed
And I should be ashamed; I judge that I deserve shame
It is really unforgivable; that is how it feels
My debt is shameful and embarrassing
And it means I’m ________________
Ooh, that hurts; wow, that’s harsh; this means I’m losing
I’m a failure
What I do is never enough
And I really feel that right in my stomach
This means I probably deserve it
The sadness, the fear
The disappointment, the powerlessness
I really feel the loss in this debt
I never get to feel safe because of this debt
I never get to feel solid ground in my money
All this emotion in this debt
I totally honor it

Now take a nice deep breath. Repeat this round again. The first round takes the edge off these emotions, but when debt is a serious issue, it will take more than one round to bring down some of those emotions. Modify your words to match what you feel most strongly. This next round focuses in on the feelings and beliefs that often arise about how what you do is never enough. Be honest, on a scale of 0-10, how true is the following statement? Whatever I do, it’s just not enough—it’s never enough. That can help you gauge your feelings in this Tapping round.

Say the following phrases aloud while tapping on the Karate Chop point:

Even though I hate looking at my debt. It reminds me that whatever I do it’s just not enough and it feels like I can never win.

Continue tapping through all the points using the following phrases:

I hate this
I can never win
Never get a break
Whatever I do is never enough
Maybe I’m not enough
This feels so powerless
Whatever I do is not enough
→ It feels like I’m just not enough
→ I mustn’t be because I keep falling short
→ I mustn’t be enough
→ There it is as proof for me in black and white
→ In dollars and cents, my debt shows I’m not enough
→ I just can’t make it work
→ I mustn’t be doing it right
→ I’m just not enough
→ This old belief and programming that tells me I’m just not enough; what I do is just not enough

Take a nice deep breath. Measure how you feel right now. This round can bring up a lot of feelings, emotions, thoughts, memories, or physical sensations. Write them down. Each issue is “tappable.” As you conquer them, it can help you to break out of your past patterns. The first two rounds of Tapping will shift you into feeling neutral about debt. People often report feeling calmer, saying things like, “This is just how it is right now. I’m looking at a number but it doesn’t make me feel like a failure. It’s just a number on paper.” That’s a huge shift out of the fight or flight response of fear, anger, and sadness. And, it helps you let go of the negative self-image you identified above.

Tapping for Saying “Yes” to Eliminating Debt

Tap through the points using the following phrases, or your own:

→ There it is
→ It is still my debt
→ It hasn’t changed
→ But somehow I have changed, I feel calmer
→ I see this debt as simply my present reality, and that can change
→ I feel more open to the possibility and it is my intention
→ To deal with this, to clear this debt. That’s a VERY good intention
→ I am a person of integrity—and I honor myself for that
→ The truth is, I would love to clear this debt quickly
→ I’ve been beating myself up for having it
→ I’ve been torturing myself for having it
→ A lot of energy that I’ve been using
→ That I would love to put towards this debt
→ In a positive way because I really want to repay this
→ And that is the truth
→ It is honorable so I honor myself right now!
→ So now I am clear and it’s time for me to say, YES
→ YES to new ideas, resources, and support
→ Yes to action, learning, and growth that can speed my debt repayment
→ I’ve been telling myself I do not deserve that
→ And I am now realizing that’s been keeping me down
→ I’m actually open to miracles right now showing up to help me
→ I’m open to miracles in myself
→ Ideas, actions, persistence
→ I’ve learned enough lessons from my debt. I’m ready to let it go
→ I’m ready to let go of the energy of it
→ The sadness of it
→ The powerlessness of it
→ And I’m ready to say yes
→ To everything I need,
→ To let it come quickly
→ I’m saying yes to miracles
→ A miracle of repayment!
→ And I am saying YES to me
→ Because I CAN do it!

Take a nice deep breath. Allow yourself a moment to write down any inspirations that come to mind as you complete this positive Tapping. Notice how differently you feel when you think about your debt now. When your blocks are removed, inspiration can flow in quickly and unexpectedly, leaving you a lot more receptive to having a better financial picture.

**Tapping for Money Management**

Tapping on money management can clear some of the barriers you may have about taking charge of your money. Although it may not seem sexy or exciting, it’s a critical part of the equation to repay debts and become wealthier. The next round of Tapping will voice your commitment to a new way of dealing with money on a day-to-day basis. This is an important commitment because many people say, “I’m really bad with money,” not realizing that the Universe is listening. The more you say things like that, the more it becomes reality. When you tap, be open to making a commitment to being a fabulous, empowered money manager.
Say the following phrases aloud while tapping on the Karate Chop point:

Even though the truth is, I’ve manifested this debt, which means I haven’t managed my money well. I totally honor myself anyway. I’m committing right now to being a better money manager.

Even though the truth is, I avoid money. I do not manage it well. I’ve never had a clear plan and I have bad habits. I totally honor myself. And this is my time now! This is the time for the entire planet now to make a new choice to manage money well.

Continue tapping through all the points using the following phrases

→ I commit to shifting myself
→ From fear and bad habits, to a whole new way of dealing with money
→ I am totally open to a whole new way
→ That works perfectly for me
→ Not somebody else’s way
→ A way that feels good for me
→ I love the idea of managing lots of money
→ So I’m letting the universe know.
→ I’m not sure I’m a great money manager today
→ But I now commit to growing myself
→ Into a fabulous money manager
→ I do not know how to do it today
→ But I have faith the universe will deliver to me
→ Everything I need to learn this new skill, and I’m ready for it to be fun
→ I commit to being an empowered money manager
→ Heck yeah!

Take a nice deep breath. This Tapping exercise should drive home that it’s your day-to-day dealings with money that makes the difference between debt and wealth, no matter what your income is. People often wonder how to practice money management if you’re in debt and have no money to manage. Tapping is a critical step to eliminating debt and beginning your journey towards financial independence because this journey has to start somewhere. Debt transformation does not truly begin until you take the time to plan your actions and commit to changing your money habits. Tapping will help you commit and stick to a debt reduction strategy.
Chapter 8: Your Hidden Agendas

Exercise #6: Finding Your Hidden Agenda

In the next chapter you’ll set an income goal, but for now, pick an income goal number for this exercise that’s three to four times bigger than your current one. Imagine yourself earning at that level in the future and answer these questions:

When I’m earning that much, I’ll finally feel:

1. _______________, 2. _____________________, 3. ______________________

I’ll finally know that I’m:

1. _______________, 2. ___________________, 3. __________________

I’ll have finally proved to [NAME} that I’m ________________.

Example #1: “I need to earn this money. When I do, I’ll finally feel safe and secure.”

Example #2: “I need to earn this money. Then I’ll finally feel validated and prove I’m good enough, smart enough, worthy.”

Example #3: “I need to earn this money. When I do, I’ll prove I was right and they (parents, teachers, siblings, etc.) were wrong about me and what I can accomplish.”

Exercise #7: Shifting Your Agenda to the Positive

Get very clear and honest about secret agendas in your goals by completing the sentences you did earlier: “I really need this money because then I will finally be______, prove _____, feel_____”

Then make a very honest admission that sounds something like this: “The truth is, I’ve attached my lifelong need to feel validated, smart enough, good enough to my income goal like a secret hidden agenda. This keeps me in a cycle of battling with my goals and attracting people and circumstances that play out the cycle. I’m ready to deal with my real needs in a REAL way and to free myself to work toward my goal for the JOY of sharing my gifts and creating wealth.”
Tapping to Clarify and Clear Any Attachments to Earning Much More Money

Use Tapping to start dismantling this hidden agenda and negative cycle. It can be used to both clear negatives and enhance and solidify “aha” moments. I highly recommended that you voice this round loudly and use your own words when you can.

Tap through the points using the following phrases, or your own:

- I really need this money!
- I need it because then I’ll finally have arrived
- I’ll finally feel validated
- That I AM good enough
- I’ll finally feel seen for my brilliance!
- It will mean something really important beyond the money
- I need it so I can be a winner
- Someone who has made it
- To finally prove to everyone
- Even myself
- That I can do it
- That I am good enough
- That I matter
- When I earn that much money
- I will finally feel safe, secure, at peace
- Can finally be free to do what I like and have what I like
- I’ll finally be free to be me
- To feel powerful as me
- To care less about what anyone one else thinks
- When I earn that much money
- I’ll finally prove them all wrong
- Distinguished myself as special
- Done it my way
- And proved that I am different
- Good enough
- Smart enough
- Strong enough
- I’ll finally be the person that deserves the reward
- I really need that money for so many reasons
- And I’m not letting this go!
- This is my attachment to money
My secret agenda and I'm keeping it!

Take a deep breath and let that sit for a minute. Notice any clarity and perspective you feel after that round. Observing this pattern is a huge leap forward in breaking the cycle. Then you’re free to work toward your new goal in a whole new way! Complete this next round of Tapping to shift into the upside.

### Tapping to Shift into the Upside

**Tap through the points using the following phrases, or your own:**

- Wow, I’ve attached a pretty powerful hidden agenda to my goal
- I’ve probably attached this same agenda
- To all sorts of goals in the past
- It’s really hard to let go of this attachment
- This need to earn money to finally feel and be something
- Safe
- Free
- Validated
- That’s so important to me
- These are things I’ve wanted
- And needed for a lifetime!
- I’ve been sooo sure this is the correct way to see my goal and more money
- But I’m open to the idea that I can start meeting these needs more directly
- Now that I am seeing them so honestly
- Seeing them so clearly
- As I do that, I release and free my actual income goal to be fun, exciting, and full of possibility
- I am open to freeing my income goal
- To represent the things it should represent
- The truth is, growing my income by this huge amount
- Means I’ll be giving my gift to many more people
- Giving my gift in a much bigger way
- Love giving my gift
- I love watching people benefit from my unique talents/product/service
- I love when they’re happy
- Want it and really do benefit
- There are so many more people
- Who could benefit from the unique gifts I have
The unique way that I do it
I am now open to earning so much money
Through the joy of being totally me
Giving what I love to give in a much bigger way
For the highest good of me
And so many more people
Chapter 9: Resistance to Setting Big Goals

Tapping for Outrageous Goal Emotions 1

One of the first things that come up when you set a big money goal is a feeling of disbelief that this is even remotely possible. To get started, write down the amount of money you’d ideally love to have as your goal and say out loud, “I can’t achieve this goal. It’s impossible!” Tune in to that number as you say it and measure on a scale of 1 to 10 how true that feels right now, not how you want it to feel. Start tapping on your belief about whether you think your goal is even remotely possible.

Tap through all the points using the following phrases:

- It’s impossible
- No way!
- No how!
- It’s crazy! It’s too much!
- This goal is too big!
- I can never earn that much
- Who would ever pay me that much?
- It’s impossible
- I know it’s impossible
- I believe that this is impossible
- It’s way too big
- It’s too big for the Law of Attraction
- No one has ever made this much money
- Well, some people have
- But not me!
- Not in a million years
- It’s impossible
- I can predict the future with accuracy
- And I know what’s going to happen
- And I’m telling you there’s no way this is possible
- There’s no way this will ever come to pass
Take a nice deep breath and re-rate the belief—“I can’t achieve this goal. It’s impossible!” Measure on a scale of 1 to 10 how true that feels after doing that Tapping round. Write down any thoughts or memories that come up and change the script to include them in your Tapping. Do this round again and again, voicing all your “logical resistance until the statement, “It’s impossible!” feels less true and your goal feels a little more believable. Ideally it should feel true between no more than zero and three. When you’re feeling more neutral about these emotions, do the second round in a positive frame.

**Tapping for Outrageous Goal Emotions 2**

Tapping through all the points using the following phrases:

- I still don’t believe it’s completely possible
- I mean, it seems crazy
- But I’m choosing to be open
- To the limitless possibilities of the universe
- Beyond what I can currently see
- I am somehow having faith
- That everything I need to accomplish this goal
- Will surprise me by occurring in the right way at the right time
- Isn’t it wonderful when resources appear?
- Impossible things happen every day
- What if I could just open myself up to the possibility
- And focus on it with a positive intent
- Allowing it to come into my reality
- As crazy as that sounds?
- Maybe I choose to be crazy!
- I choose to be crazy!

Take a nice deep breath. How do you feel about setting a great big outrageous goal now? Notice how much more excitement you are feeling about what’s possible!
Chapter 10: Setting Outrageous Goals

Tapping for Outrageous Goal Emotions

Let’s do some Tapping on how you feel about that income number and the emotions that came up. Since it’s way more than you’ve ever made, it can be hard to believe it’s possible to make that kind of money, which makes resistance to it slightly different from other kinds of blocks. Look at that number and pay attention to how you feel about this sentence: “It’s way more than I’ve ever made.” Rate your discomfort and how strongly you feel about not being able to reach that level of income on a scale from 0-10 before you do the next round of Tapping.

Say the following phrases aloud while tapping on the Karate Chop point:

Even though I’m not sure about this. I don’t know what it would be like, or how hard it will be to get there. I choose to have faith that I’m following my intention. And my intention is to step each day into my life’s purpose with passion and with joy. My intention is to become more ME than I have ever been, surrounded by the people and the things that bring me joy. Maybe that’s what it will be like. As I let go of any beliefs or programming that says I need to struggle, I align with my passion and my joy.

Tapping through all the points using the following phrases:

→ It’s too much
→ It can’t happen
→ What could I possibly do to earn that?
→ I don’t know what that would be like?
→ It’s way more than I have ever earned!”
→ Maybe it would be really hard
→ It’s just too big
→ It’s a number that’s almost unachievable
→ I can’t imagine it
→ What could I do that could have that much value?
→ Why do I even need that much money?
→ It’s just too much
→ It seems like it might be really hard
→ It will probably require a ton of work
→ It’s just too much and it would be just too hard
Take a nice, deep breath and re-measure your discomfort level. Don’t move on until you’re no more than three. Write down any thoughts, feelings, or memories that come up. There may be physical sensations as well. Each of these can be addressed in your own words with separate tapping sessions. Once you’ve calmed your negative emotions, move to this positive round.

Continue tapping through all the points using the following phrases:

→ I’m not sure about this
→ I still think it might be really hard to get there
→ I choose to have faith
→ That I am following my intention
→ And my intention is
→ To step each day into my life’s purpose
→ Yes, into my life’s purpose with passion
→ And with joy
→ My intention is to become more of me
→ That I am more of me
→ My intention is to be surrounded
→ By the people and things that bring me joy
→ As I let go of any beliefs or programming
→ That say I need to struggle
→ Or that believe that it’s necessary to struggle
→ I align with my passion
→ I align with my joy
→ I choose to align with my intention
→ I choose to allow my subconscious mind
→ To make the connection between what my goal is
→ And me surrounded by people and things that bring me joy
→ I love allowing into my life
→ More people and more things
→ That bring me joy
→ I am choosing to have faith
→ That I am following my positive intention

Take a deep breath. You might want to do this more times until you feel more centered and have a sense of peace about your goal.
Exercise #8: Resistances to an Income Goal

**Part 1: Setting the Goal**

Write down “I want my income to be $________ in ___ years. Go big! Read it out loud and pay attention to how much just stating this goal makes you uncomfortable. This is your immediate resistance. Rate how uncomfortable you feel about it on a scale of 0 to 10, and next to your income goal, write,”My resistance to this is____.

Think about your goal and how it makes you feel. Give yourself time to absorb it. Then move to Part 2.

**Part 2: Stating your Disbelief**

Write down three reasons why this goal is crazy and unrealistic; why it can’t happen. Be as negative as you feel for the reasons you have trouble believing your goal is possible. For example:

* In my field, there’s a lot of competition with fewer customers.
* I already work very long hours, so I don’t know what else to do.
* It’s a terrible economy so it’s stupid to expect to make money.
* If I raise my prices to make more money I’d lose the customers I have.
* My company has frozen salaries and I’m stuck with mine.

Write down all your reasons, however many you have. You can do this over a few days to give yourself more time to think about it.

If you don’t have many reasons, dig a bit. Be honest with yourself. You might be surprised to recognize what your subconscious whispers when you pay attention. This list is only for you so nothing is too silly or embarrassing. When you’ve identified as many reasons as you can, move on to Part 3.

**Part 3: List your obstacles**

Identify the two BIGGEST obstacles that block your desired income goal. One should be a concrete, real-world obstacle or person. The other should be something inside of you, like a behavior or an attribute. Choose what triggers an immediate reaction that causes you to feel anger, annoyance, or frustration.

Obstacle outside of you: Think of something or someone (or more than one) that you can’t stand and that trips you up and undermines you and your efforts. What seems to get in your way or sets you off just thinking about it? For example:

* I can’t do anything until the right circumstances happen.
* ________ is always critical and weakens my attempts to succeed.
* Paperwork wastes all my time.

Write down your outside obstacle(s): “My obstacle(s) outside of me is/are _________.

Obstacle inside of you: Think of one or more things about yourself that drive you crazy or frustrate you. It could be a step you don’t or won’t do, or you believe you don’t do well. Maybe it embarrasses you. For example:

* I’ve never been good at __________.
* I tend to screw up when I try to__________ so why bother trying?
* My nerves get the best of me when I make a big effort and that makes a bad impression.

Write down your inside obstacle(s): “My obstacle(s) inside of me is/are __________.

### Tapping for Obstacles

The next round of Tapping is for obstacles in your way. Think about the immediate ones that came up in the exercises you just did. Really focus on them. Rate on a scale of 0-10 how big they seem in your mind or your emotional response when thinking: I have all these obstacles in the way of my income goals!

**Tap through all the points using the following phrases:**

- These obstacles
- They feel insurmountable
- Because they are insurmountable
- Boy, are they blocking me
- Boy, is it frustrating
- Boy, do they make me feel stuck
- They’re blocking my progress
- If only they would just disappear out of my way
- It’s all because of these obstacles
- As a matter of fact, I would be so much further ahead if it weren’t for them
- These obstacles, they’re huge!
- They’re so frustrating
- It feels helpless when I think about these obstacles
- They’re really making me stuck
- It’s a no-win situation
- And I don’t know how to solve this
Take a nice deep breath. Rate how you feel now when you think about the obstacles you identified. Repeat that process until you feel like the importance or size of these obstacles start to come down and feel less important. Bring it down to 3 or less. You might have to focus on one obstacle at a time. Address whatever comes to mind. Be gentle with yourself. Take the opportunity here to list your obstacles and the feelings they trigger so you have a foundation for more clearing you can do. When you feel ready, do this positive round.

Tap through all the points using the following phrases:

→ I’ve got these obstacles I guess everyone has them
→ I still can’t really solve them in this moment
→ I release my need to push against them
→ And my need to hold on to them
→ I’m choosing to dissolve these conflicts
→ For my own highest good
→ For the highest good of everyone involved
→ I now look for unexpected avenues suddenly opening up
→ I look for doors suddenly opening to even better results
→ As a matter of fact
→ I am watching in amazement
→ As these conflicts, somehow, easily and quietly just fade away
→ They just seem less important
→ I’m not going to let these old things stop me
→ I am on my way
→ These old conflicts getting quieter and dimmer and just fading away

Take a nice deep breath. Make a note of how you feel now about the challenges you face compared to when you started this process. It’s important (and fun) to see your progress as you tap through your blocks and then move forward with a bigger and better perspective.

Tapping for Figuring Out How to Reach Your Goals

Tap through all the points using the following phrases:

→ I would love to focus on this goal
→ But don’t know how to make it happen!
→ I need to see how to do this!
I can’t figure it out!
I don’t know how all this would work
It feels like I need to figure it all out right now
Because if I can’t figure it out, I shouldn’t write down this goal
Don’t know how to make that number happen
It’s really big and I don’t know how to get there
My thoughts are racing about how I’m going to get there
I’ve got to figure it out
Maybe I should start making hundreds of “To Do” lists
I’ve got to figure this out now
Otherwise it doesn’t make sense to have a goal this big
I’m just setting myself up for failure
If I’m putting down a goal I don’t know how to achieve
And I don’t know how to achieve this goal!
I need to figure it all out!

Take a deep breath. Pay attention to whether the intensity of your need is coming down. Write down any pesky thoughts, feelings, sensations, and memories that still come up. Be gentle with yourself. Don’t move forward until you can repeat, “I don’t know how to get there. I have to figure it all out,” and the truth meter is below a 3. Once you’re there, do a round that’s reframed with a super positive take, designed to make you feel awesome.

Tap through all the points using the following phrases:

But I don’t know how to get there!
It’s not my job to figure out the hows
YES IT IS!
No it isn’t!!
I have faith that the universe
Will rearrange itself to make it happen for me
In the shortest, quickest, most harmonious way for me
 Somehow I will attract the way
 And the way will show up
 I will be surprised and dazzled by what is delivered to me
 What if all my actions are inspired actions
 And I know when and how to take them?
 What if all I need to do is have faith each day?
 All I need to do is focus on my goal
And have faith that the universe will line itself up for me
Wouldn’t that be wonderful?
Of course it will be wonderful
I’m allowing my faith to send a message to the universe
I’m ready for your help
I’m ready for you to line up the hows!
As you line up the hows for me
I will take inspired action
I do love having brilliant ideas
I do love taking inspired action
I’m allowing the universe to rearrange itself for me
And I’m surprised and delighted by what it brings

Take a nice deep breath. Do this round a few times until you feel good about your goal. Most people report feeling charged up after this round of Tapping. Once you’ve done it enough to feel like you’re in a good place to set your goals, read on to learn how to find your way to making the goal a reality!
Chapter 11: Goal Trauma

Exercise #9: Goal Trauma

Start by choosing a goal trauma story from your past. Close your eyes and imagine that event playing out in your mind, like you’re watching it on TV. If this story were a mini movie, what would its title be? The title alone often reveals how powerfully this story affects you and how much you lost. Commonly I’ve heard titles like, “The Day I Lost Everything,” “Utter Failure,” or “The Year from Hell.”

How do you know if this old event causes you a power shortage for achieving your goals today? Notice how you feel about the big goal you set for yourself in chapter 10 while you think about this old event. How do the following statements feel on a scale of 0 to 10? “I really WANT it!” and “I know I can do it!”

If you don’t have much feeling, excitement, or energy in either of those statements, you have your answer.

Tapping for Goal Trauma-Round 1

Say the following phrases aloud while tapping on the Karate Chop point:

Even though I have this story and it’s a horror show, I love and accept myself with compassion, ’cause carrying this is heavy.

Even though I have this story and it’s full of pain and judgment and sadness, I totally honor myself. Honor the weight I’ve been carrying in this story. No one’s honored me for this, not even me. I’m open to loving and accepting myself with forgiveness and compassion.

Continue tapping through all the points using the following phrases:

→ Actually I can’t forgive myself
→ Because this is really bad
→ And I really screwed up
→ I failed
→ Big time
→ It’s kind of unforgivable
→ It was a nightmare
→ And it was so much worse
→ Because I really did care
→ I really did want it
→ I tried to be open to miracles
→ Tried to be at my best
→ I tried so hard
→ And I was destroyed
→ So much hurt
→ No one to blame but me
→ I lost so much
→ And it still hurts
→ Utter failure
→ Pain
→ Sadness
→ Disappointment
→ I see the story
→ It’s a really bad movie
→ But I watch it
→ When I think about my goals
→ Sometimes I watch this movie
→ It really kicks my butt
→ But right now
→ I’m just going to honor this
→ Honor the whole story

Take a nice, deep breath. Often, after tapping through that round, people recognize a story like this as a type of trauma. You may see a huge charge of self-criticism appear, so I’m including a bonus round of tapping for this event before we move on. To set you up, once again picture yourself in the movie of your past event. See yourself in the part of the story where everything is going wrong and notice if some harsh judgment is coming up in your thoughts. If so, this very harsh round of Tapping is for you. Countless numbers of people have told me these words are perfect for their inner critic concerning goal trauma. As always, replace my words with your own when you can.

Bonus Round for Goal Trauma

Start tapping through all the points using the following phrases:

→ There I am
→ I should have known better
→ Idiot!
→ Weak!
→ Stupid!
→ Clueless!
→ I should have known better
→ So trusting
→ Too giving
→ I really should have known better!
→ So naïve
→ I should have figured it out
→ I should have seen the signs
→ I should have been stronger
→ God, I’m angry at myself
→ I was too trusting
→ I didn’t see the writing on the wall
→ I just kept going
→ And I deserve this judgment
→ Because I’m seeing the truth
→ I was an idiot
→ Weak and naïve!
→ Should have done it better
→ Should have been stronger and smarter
→ I totally judge this old version of me
→ And I should
→ Because I’m right
→ I’ve got a lot of evidence
→ I should have done it better
→ If anyone argues with me about this
→ I will know they are wrong
→ I was stupid, naïve, and too trusting

Take a nice, deep breath. Next close your eyes and see yourself in the movie again, you will probably feel a LOT more compassion for yourself. You may also suddenly feel extremely sad about what happened to you and how much you lost. This is where it often hits home about just how much you did lose, not only in terms of external things, but also in your self-confidence and trust. So this next round is in honor of the intense emotion that can come up. Honor yourself and what you endured in the goal trauma.

Tapping for Goal Trauma-Round 2

Say the following phrases aloud while tapping on the Karate Chop point:
I honor who I am
I honor who I was in this story
Nobody else did
So I do now
I had so much going on
I was really doing the best I knew how
Do I really need this judgment on top of that?
And I learned things in that event
It made me smarter
You bet it did!
It made me stronger
It gave me strength
Because I survived it
I came through
I actually didn’t crumble forever
And I honor that
I deserve that
I’m open to seeing
The hero in this story
The hero was me
Take a nice, deep breath. I often ask people, “If the movie of your story were to be shown in a theater, would there be tears in the eyes of the audience?” The answer is usually “yes.” If those tears have never been cried for you, you need to cry them for yourself. When you tap and cry those tears, you’ll be free. Having such an emotionally charged event like this that you never honor keeps it with you. Until you honor the grief, loss, and pain, it stays stuck. Now for the final time, close your eyes and see yourself in that movie again. If you received a gift from going through this event, what would it be? What did you learn that has made you more wise and savvy? What skills did you learn that you really needed? What mistakes will you never make again? What did you learn about yourself, your strength, and your willingness to work hard?

### Tapping for Goal Trauma-Round 3

Tap through all the points using the following phrases:

- As I let go of this old story
- I come back to my goal for today
- And it may seem a little crazy and impossible
- That’s okay
- But the truth is
- I really do want it
- Yes, I have some fears
- Of course I do
- I am human!
- But too bad, I want it anyway
- And I am going for it
- Yes, of course I still worry about failure
- I don’t want to fail
- But I really DO want this
- And I am smarter and stronger and ready
- I am going for it
- NOW!
- With all my brilliance
- All my passion
- And all my energy
- This is my time
- And this is my choice
- And I really do want this
- I may have done things the hard way in the past
But I believe that this can and will unfold for me miraculously
And I am now totally open
And expecting that!
I’m open to this goal unfolding as a miracle for me
I’m open to this being
An amazing, fun, exciting journey
That will require for me
To step up with brilliance
Inspiration
Fearlessness
Excitement
And passion
And I am up for the challenge
I am the hero of my story
And I now allow this goal to be my hero’s journey
Inspiring me to grow and stretch and shine!
I declare that I do want this
This is my dream!
This is my life
This is my mountain
And I am climbing it!

Take a nice, deep breath. Notice how much of your energy rose up with those words and how much more ready you feel to go after your goal! That’s the end of the dark cloud of the goal trauma.
Exercise #10: Deserving

Look at your income goal and write these sentences:

“I totally deserve to earn $_________.” (Fill in the amount of your goal).

“My gifts and talents are valuable enough to earn $_________.”

Say these sentences out loud and notice how you feel inside. How true does it feel on a scale of 1 to 10? I’m not asking how true you want it to be, but how true it really feels, down in your gut. Note the numbers and push your set point even harder by adding how much time you plan to work per week to earn that much. Repeat the sentences:

“I totally deserve to earn $_________ working ____ hours a week.”

“My gifts and talents are valuable enough to earn $_________ in ___ hours a week.”

How true does it feel on a scale of 1 to 10? What beliefs or feelings pop up from saying these things aloud? Do you feel competing beliefs about your innate worth and the value of your time, energy, and brilliance?

This is eye-opening for most people because you wouldn’t normally say something like that and measure your feelings after. Now take this further and shine a spotlight on any feelings of guilt, shame, embarrassment, and judgment about what’s selfish that drive your set point with your imagination.

Close your eyes and visualize your income goal on a gigantic sign you’re holding over your head on a stage, in front of thousands of people—everyone you know: parents (even if they passed away), siblings, other family members, friends, colleagues, current and potential customers or clients, people from school, all your teachers, etc. As they watch you hold the sign, declare two things very loudly. First, imagine yourself saying, “This is what I want to earn and I deserve it!” Keep your eyes closed and note your feelings. Is there embarrassment, shame, or fear? Looking at the audience, what reaction do you visualize? Shock and skepticism, or are they cheering? Pay attention to the vision. Your unconscious mind is painting a powerful and telling picture filled with insights about your set point. You’re projecting your inner battle with your greatness on the audience’s reactions. Next say, “I can do it!” What feelings does that evoke, and what’s the audience’s reaction? You’re starting to see all resistance and pushback that blocks really going after this goal.
Tapping for Your Worthy and Deserving Set Point

This Tapping is designed to reflect and clear some of your most negative programming, which makes it the most negative sounding to start. To prepare, tune into your goal and all your reactions to the sentences and visualizations above. Feel the resistance, emotions, and limiting beliefs.

Say the following phrases aloud while tapping through all the points:

- I really do want to earn that much money
- But that process was really eye-opening
- I really felt my resistance
- There is a part of me
- Pushing back
- That is not really sure that I deserve to make that much money
- There’s an inner skeptic in me
- That truly questions my worth and value
- There’s a part of me
- That strongly resists declaring I deserve this
- I can feel this part of me pushing back
- Arguing with me
- Insisting that I don’t deserve to earn that much money
- Especially not by working this many hours
- This part of me says that it’s selfish
- And wrong for me to even ask
- To earn that much money
- When I said I deserve it
- I immediately felt some guilt
- Some fear
- Some shame
- When I visualized the crowd of people
- It felt embarrassing
- Who do I think I am?
- Do I really think that I’m that special?
- Part of me says I’m not that special
- I’m not that unique
- People will not pay me that much money
- And there’s nothing I could possibly do to earn that much
- Unless I worked a million hours
→ I’m not special enough
→ Brilliant enough
→ Talented enough
→ I am just not good enough
→ This loud and clear voice
→ That pushes back against my goal
→ The voice that keeps me in check
→ I feel that really loudly
→ And it’s got some pretty nasty things to say
→ Who do I think I am to say I deserve that much money?
→ On some level it feels selfish
→ And wrong
→ And I feel ashamed
→ Embarrassed
→ And guilty
→ And I have this expectation that if anyone else knew
→ They would agree that I’m not good enough
→ That asking for that much money is wrong.
→ It’s arrogant!
→ There’s nothing that is special enough about me
→ That makes me deserve that much money
→ I’m just going to honor all of this
→ I’m seeing and feeling my inner worthy and deserving set point
→ I’m seeing and feeling the unconscious discomfort
→ I want to step beyond my set point
→ I’m seeing and feeling the hidden drivers
→ That will cause me to sabotage
→ Or create struggle and suffering
→ To keep my at my set point
→ I am seeing and feeling
→ What is really driving my unconscious behaviors
→ All the autopilot behaviors
→ That keep me stuck
→ I’m just going to honor it

Take a nice deep breath. I encourage you to repeat that round and go deeper and longer on any parts that resonate with you. Continue to voice any negative emotions or self-talk that surface as loudly as possible while tapping, and it will subside.
Tapping for More of Your Brilliance

Say the following phrases aloud while tapping on the Karate Chop point:

Even though part of me does not believe I am really worthy and deserving of this goal of earning this much money, by working this many hours, and all the joy, pleasure and ease that will be in my life as a result. I’m just going to honor and observe that for now.

Even though part of me really questions whether or not I have the brilliance, the talent, the gifts, or the energy to earn this much money in this much time. I recognize I’ve never earned that much before. And it’s hard to imagine, but the truth is, there is more to me than I’ve seen so far. Buried within me is an untapped resource of brilliance, of boundless energy, of courage and enthusiasm, of inspirations and focus, and efficient actions.

Say the following phrases aloud while tapping on the all the points:

- I have an untapped potential within me
- I have untapped genius
- I may have seen some so far in my life
- But that is nothing
- Compared to how much more
- I can unleash
- So I am now asking for more
- Of my own brilliance to appear
- I am now allowing more inspiration
- To flow through me
- I am ready for streamlined
- Efficient actions to manifest
- Through my very hands
- I speak directly to my subconscious mind
- That is creative
- That has million-dollar ideas
- Just waiting to come forward
- And I ask this part of me
- For more brilliant ideas
- Inspirations
- For courage
- For audacious action
- For higher levels of leadership to emerge
- For leveraged and efficient strategies to appear
- I asked this of my unconscious mind.
→ Knowing it is a treasury of untapped brilliance
→ And I’m open and ready
→ And accepting and willing
→ For all the ideas, the inspirations
→ And nudges to act and appear
→ And when they do I commit to hearing them with an
→ Open-mind and open heart
→ I commit to taking action
→ And recognizing the signs of my own brilliant genius
→ I believe that there is more to me
→ Than what I have seen so far
→ Than what I have shown so far
→ And I’m open and allowing my brilliant genius to come through
→ For my highest good

Take a nice deep breath. Do this round a few times until you feel better about how worthy and deserving you are. Once you raise your set point, money will come to you more easily.
Chapter 13: Breaking the Cycle of Always Striving But Never Arriving

Exercise #11: Detecting the Vow to be Perfect

One of the most effective ways to detect if you have this vow is to do this exercise:

Think about the last thing that you accomplished. As you recall it, does your mind go to some version of, “I just know I could have done better.” Or “I should’ve done more.” Or “Why didn’t I prepare more?” Do those kinds of thoughts have stronger power than thoughts of how well you did?

Exercise #12: Identifying Feelings about Being Perfect

Think about a moment from the past when you did something pretty well (maybe even great by others’ standards) but you still rehash in your mind all the ways you could have and should have done it even better—even more perfectly. You probably have one. This should be an instance where you look back and think something like:

“I should’ve worked harder”
“I should’ve done better.”
“I should’ve been smarter.”
“I should have prepared more.”
“I should have looked more confident.”

Those kinds of statements are telltale signs of the ruthless inner critic reminding you that nothing you ever do is quite good enough. Think about what happened to you that triggered those kinds of thoughts and say out loud, “I should have or could have done better!” On a scale of 1 to 10, how true does that feel?

Tapping for the Vow of Perfection

Tap through all the points using the following phrases:

→ There I am, I guess I did OKAY
→ But it was not my best
→ It was not THE best
→ I should’ve done better
→ Should’ve, should’ve, should’ve
→ And I am right about that
→ I am always right about that
→ I could have done it better
→ I could have and should have
→ Worked harder
→ Been smarter
→ Prepared more
→ Been more confident
→ I should be better at this by now
→ I should have been perfect
→ And it wasn’t perfect
→ I should have done better
→ I should have pushed myself even harder
→ Now it’s too late
→ Everyone saw me flawed, less than the best
→ And that is unacceptable for me
→ I should have been better
→ And that is the truth
→ No room for human mistakes
→ No room for compassion
→ I deserve this indictment
→ Just not good enough
→ I have a very high standard for myself
→ And I am proud of that
→ Why would I want to change that?
→ I don’t want to be a slacker
→ This inner critical voice is really working for me
Take a nice, deep breath, then look back at the story right now and say, “I should’ve done better,” or “I should have been perfect.” See how intense those statements feel to you now. Of course it’s true that you could have done better, because there is an infinite number of ways to improve. The question is, are you feeling a more balanced perspective on the reality of how you did versus the barrage of “I am not good enough/could have been better.” This vow may take more Tapping rounds to break because it’s not a real feeling, which can be more easily tapped on. This is a pattern of thinking that has been operating for a long time and will feel both true and justified. It’s the very dark side of your inner calling to excellence, mastery, and achieving at a personal high standard. Out of balance, this becomes the eye always searching for mistakes and shortcomings and the voice of unending criticism.

Tapping to Reinforce the Positives

Tap through all the points using the following phrases:

- There I was
- I am open to seeing I did pretty well
- I did better than most would have
- Yes, you can always improve
- And I do love being the best
- But I never really let myself
- Celebrate when I do great
- I downplay it
- Why would I celebrate?
- There is time for that when I am perfect
- Wow, that is pretty harsh
- Because there is no perfect
- I just stay stuck striving for it
- And never get to celebrate
- Feel complete
- And allow myself to be rewarded for my awesomeness
- I honor myself now
- I actually did the best I knew how at the time
- I actually did great
- I’m open to giving myself that gift
- And feeling my deserving at a deep level
- I totally honor that I’ve always been doing my best
→ I’ve never not deserved
→ I honor my deserving right now
→ Even before I lift another finger and achieve another thing
→ I deserve right now
→ I’m opening my heart to my own deserving
→ Of course I deserve
→ I deserve love, money, attention
→ Deserve wealth, security
→ I deserve to be seen as the expert I am
→ I deserve to have a blast being awesome
→ Because it’s fun to be awesome
→ I’m now forgiving and releasing this vow of perfection
→ I’ve paid the price for it for too long
→ And I’m now open to healing it
→ So I can have fun being awesome
→ Striving to reach my high standards
→ For the joy of mastery and achievement
→ Because that is the way I roll
→ I do deserve to honor this
→ I am so proud of myself and how much I deserve right now

Take a nice, deep breath and just notice how you feel after doing that Tapping round. Often, people experience a strong sense of both freedom and excitement to create and take action. Truly, freedom from the vow to be perfect is a gift that allows your creativity to flourish! When the desire to be great at what you do comes purely from a true impulse for mastery without the rigid rules of perfection attached to it, your energy and focus will soar.
Chapter 14: Feeling Invisible

Exercise #13: How Invisible Are You?

Take a nice, deep breath, close your eyes, and visualize yourself standing, very nicely groomed and dressed, at the front of a room filled with at least thirty people, most of whom have some relevance or authority over your income or advancement. If you have a job in a company, fill that room with your boss, the management, and other colleagues. Include people who are dependent on you doing your job, and also people who are at least partly responsible for how much money you make or whether you get a raise and how much that raise would be.

If you’re self-employed or own a small business, fill this room with your target market, so everybody there is a perfect client or anyone else who could offer a good opportunity for you. As you stand there facing them, imagine yourself saying, “I am awesome at what I do. I am a rock star at what I do. I totally deserve to be paid well for this.”

Tapping to Reduce the Vow to Stay Invisible

Tap through all the points using the following phrases:

→ Oh my God, this is terrifying
→ I’ve got to get out of this room
→ So scary
→ So vulnerable right now
→ I want to just disappear
→ I am feeling my vow to stay invisible
→ I can’t say, “I’m awesome at what I do”
→ I can’t say that out loud.
→ I’m just medium
→ That’s what I want people to hear
→ Because I can see it all
→ They’re judging me
→ They’re looking at me skeptically
→ They’re shocked and offended that I’ve said this
→ They’re definitely judging me
→ wondering if I’m good enough
→ “Who does she think she is?”
→ Oh, I want to run and hide
→ I don’t want to be this vulnerable
→ I feel very vulnerable right now
→ This is really scary
→ I would never say something like that
→ It’s not right
→ I have a rule about that
→ It’s just not appropriate
→ I made a vow never to shine this brightly
→ Never to be seen like this
→ I believe I have great talents and unique abilities
→ But I don’t want to say that out loud
→ I don’t want to share that with people
→ They’ll judge me
→ They’ll reject me
→ They will be skeptical of my abilities
→ This is all too scary
→ I feel my vow to stay invisible
→ Because I want to disappear right now

**Positive Round to Increase Manifestation**

**Say the following phrases aloud while tapping on the Karate Chop point:**

Even though I’m really feeling my vow to stay invisible and it’s scary, I took this vow for a reason. I totally honor how I feel about it.

Even though this whole idea is triggering me, I have a lot of beliefs around this. I learned them from my family. I’m just going to honor that I am unique. I am one-of-a-kind and I am really good at what I do.

Even though this still feels scary and vulnerable, I do love bringing my gifts to the world. I put my heart and soul into what I do and I really love sharing that. I’m just going honor that, too.

**Now tap through the points using the following phrases, or your own:**

→ I actually love the way I am
→ My training, my intelligence, my unique gifts
→ That special quality that I bring to my work
→ The world really does need it
→ I’ve spent a lot of time downplaying it
→ Hiding it
→ Being invisible
→ I’ve spent a lot of time trying to be someone else
→ I’m just going to honor that
→ But I totally honor how special I am
→ How much I love talking about my work
→ I pour my heart and soul into it
→ And I would really love to share that with more people
→ So many more people
→ And I totally deserve to receive
→ To receive based on my giving
→ Based on my amazing value
→ I choose to stand here and shine with my unique brilliance
→ With my heart open for all to see
→ I totally honor that I am a miracle
→ I am a rock star
→ And I give everyone else permission to shine, too
→ Shine fully with their light
→ Because I choose to shine fully with my light
→ As I shine my brilliance
→ The whole universe responds
→ And from my actions
→ I will receive the exact value back in money and wealth
→ In praise and support
→ In everything I desire
→ I start to let go of my vow to be invisible
Chapter 15: Becoming a GREAT Receiver

Exercise #14: Are You Open to Receive?

Think back to when you were a child. How well did your parents meet your emotional needs? Were they attentive, loving, and affectionate? Did they allow you to need them? Or were they emotionally absent or critical? Picture yourself as a young child and imagine asking your parents for more attention, love, or a hug. Let it play out on the movie screen of your mind. What happens? Are you parents willing and able to meet your needs? If not, how did you react? Can you see where you took the vow to not ask anymore, maybe to never even feel the impulse to ask?

Let any thoughts come up, even if the memories are painful. The more details you remember, the more you can clear.

Tapping for the Vow to Not Depend on Anyone- Round 1

Say the following phrases aloud while tapping through all the points:

→ There I am
→ I see it all
→ I made a vow to be strong
→ To not ask
→ To not even feel how much energy I had
→ How much desire I had
→ How much I wanted love
→ To be treasured
→ To be seen
→ I wanted that at some point, but I had to shut it down
→ It wasn’t safe
→ It was dangerous
→ There was pain
→ There was criticism
→ So I learned to not feel my deepest needs
→ My real wants
→ I actually refused and instead I did something else
→ I used my brains
→ I used my strength
→ I used my loving nature
→ And I gave and I gave, and I did and I did
→ There was no receiving coming my way
→ So I learned not to ask
→ The reality was that asking brings more pain
→ Asking brings danger
→ Asking brings disappointment
→ All the sadness about this picture
→ All the anger about this picture
→ I so wanted to be seen
→ I so wanted to be loved
→ They never gave me that
→ They couldn’t give it to me the way I wanted it
→ So I learned not to ask
→ And I’ve never been a good receiver since

**Tapping for the Vow to Not Depend on Anyone - Round 2**

**Say the following phrases aloud while tapping on the Karate Chop point:**

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Even though I made this vow that made a lot of sense at the time to never ask, never be vulnerable. I never even feel my deepest desires. I’m just going to honor now. I see the conflict it’s causing, because the big thing missing in my life is more receiving—more pleasure, more joy. I want all the pleasure and joy that money can buy.

Even though I took this vow and I never would imagine it’s connected to money, I totally honor all the ways it’s blocked me from receiving—receiving from the manifestation of the reward, the pleasure, the nurturing that money represents as an energy, that money can physically purchase. I’m open to letting go of this old vow and taking some baby steps into asking and receiving.
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**Continue tapping through all the points using the following phrases:**

→ But I made a vow to never be vulnerable
→ I’m not sure I can let that go
→ I never complain about my needs and my feelings
→ I’m proud of that
→ I’m not sure I can let that go
→ But I’m just going to be open to a baby step
→ A baby step towards asking
→ Opening my second Chakra to receiving all the joys and pleasures
→ All the reward I say I want
→ I actually love receiving
→ I love earning big money
→ I enjoy watching it pile up
→ And it’s so pleasurable to spend
→ Spend on me without guilt for the pleasure and enjoyment of it
→ I’m open to taking a big step up in honoring my power
→ The power that goes beyond vulnerability
→ The power to ask for and receive everything I’m wanting to manifest
→ I’m actually really powerful
→ Do I still need to worry about being vulnerable?
→ I will always be an achiever, but what if I could receive and enjoy the reward
→ I’m open to healing this vow at my second Chakra
→ And allowing a whole new level of receiving into my life

Now take a deep breath and just see how that round felt as those positive words came out. It can take some time for your subconscious to process this, to have more moments of consciousness about it, and to tap through it to the point where you feel neutral about the old vow. It’s one of the toughest ones to let go of because you’ve amassed a million pieces of evidence that prove why that vow to never ask, never be vulnerable, and never acknowledge your feelings makes perfect sense, and this reality seems like the absolute truth. It takes time to rewire how you think and operate to become open to this idea. That’s why in the last Tapping round I talked about taking baby steps as you open up to receiving.
Chapter 16: I REFUSE to Be Rich!

Exercise #15: Money Shadow, Part 1

To find your programming and get a baseline for its emotional intensity, do two exercises using what I call the money shadow. This is the dark side to money and people who have it. The money shadow reflects all your negative beliefs about being wealthy and all the actions, attitudes, and focus you think is required to amass wealth. In this first exercise, you’ll step into the shoes of the money shadow to see how your subconscious resistance to wealth drives you to survive and avoid pain by staying within your tribe’s beliefs.

Revisit the visualization you did in chapter 5 on your earliest money paradigm. Take a nice, deep breath, close your eyes, and bring up that picture of you at maybe six or seven. Your parents or caregivers are talking about how they feel about money and wealth. The picture should be calmer, since you did a lot of tapping on it already.

Now, imagine stepping into this picture as an adult with your childhood parents after achieving your goals for both income and work hours. You’re dressed in expensive clothing, with a shopping bag full of more, and feeling relaxed and healthy from a massage. You’ve dropped in to tell your parents-of-the-past how much you make—several times more than they did—and how many hours you work to earn that much. You also share how much money you saved. Then share that you’re about to jump into a limo with three millionaires for a night on the town, before leaving on a big vacation. Note how you feel, look, act, and anything they say to you.

Tapping for Money Shadow- Round 1

Tap through the points while picturing the scene in the exercise:

→ There they are (my parents)
→ Judging me/suspecting me
→ Maybe even suspecting I am doing something wrong
→ Or have been corrupted
→ It’s so uncomfortable
→ I feel embarrassed
→ Ashamed
→ And really awkward
→ I have just made everyone upset and uncomfortable
→ I feel like I am being arrogant
→ Rude
→ Insensitive
→ My parents worked so hard
→ And I am showing them it’s easy for me
→ This is very scary
→ I feel bad
→ Maybe they are even hostile to me/rejecting me
→ Or asking me for a handout
→ Expecting me to fix everything now
→ I feel awful
→ I feel bad for them
→ Maybe they are trying to be proud
→ But I know the truth/they look at me differently now
→ They suspect or judge me
→ Everything has changed now
→ Because now I am the rich
→ I am the wealthy
→ I am different from them
→ Maybe they even hate or shun me now
→ Maybe they feel judged by me
→ I really don’t like how this feels
→ It’s embarrassing.
→ Confrontational
→ Disempowering
→ Sad
→ I never want this to happen!

Now take a look at the picture in your imagination again. It should appear and feel less charged. Continue on to the next round of tapping to really bring up the awareness of this programming so it loses its power over you.

Tap again through the points:

→ Wow, I am really seeing this programming
→ All the ways
→ It does not feel safe or good
→ To be wealthy
→ And how wrong it feels to work
→ Less than my parents had to work
→ When I look as this
→ I realize that I do have resistance
→ Really uncomfortable resistance
To the exact goals I have set for my wealth
And life balance
This is a big conflict for me
Even though it seems crazy and illogical
My feelings reveal it all
I am just going to breathe through this
Honor it
And know that my awareness and consciousness are powerful
I am open to releasing
All this survival programming
That has connected a no-win situation with my becoming wealthy
That has connected pain
Embarrassment
Conflict
Rejection
And judgment from my family and friends
With me becoming rich
I am opening to letting the light of consciousness shine on this primitive drive to stay safe in my tribe of origin
My family
By literally keeping me stuck financially
So that I can let it go
I don’t need this running!
I chose to be free
And loved/welcomed
And totally safe
While becoming much more wealthy
Meeting all my goals
And working in a way that I love!

You should feel good after that round. This is a great affirmation to use daily with or without Tapping and will always raise your consciousness and bring you to a strong sense of presence about your life, your goals, and your choices.

Exercise #16: Money Shadow, Part 2

Picture someone who has created a tremendous amount of wealth—someone you have a hard time not judging and don’t fully respect, who you know your parents would judge and complain about. This person represents the money shadow for you.
Next, close your eyes and picture that person like you’re looking right at him/her. How does he/she look to you and what’s your judgment about him/her? Give yourself permission to be very honest, even nasty. Is she arrogant, selfish, or wasteful? Is he unkind, snobby, or money grubbing? Is she all about money and doesn’t care about people? Write down everything you feel very specifically because, believe it or not, it will be directly tied to the gift you’ll get at the other side of the next Tapping round.

Tapping for Money Shadow-Round 2

This is where Tapping is used to voice your righteous judgment about this person, who represents your money shadow. The script uses the most common judgments I hear. Please add your own feelings in place of those that don’t apply to you.

Tap through the points, just like you’re looking at this person:

→ There they are
→ Look at them
→ So rich
→ So arrogant
→ They think they’re better than everyone
→ They think they’re better than me
→ And so corrupt
→ So selfish
→ They don’t care about anyone
→ Just money
→ Totally focused on money
→ Selfishly focused on themselves
→ Totally materialistic
→ I never want to be like that
→ I would never be like that
→ And my family and friends would agree with me
→ What an awful example of wealth
→ I totally judge it
→ And I’m totally right
→ Arrogant and selfish
→ Really don’t care about the important things
→ Like people
→ They probably screwed people
→ To get to the top
→ Hurt people to get to the top
→ I totally judge them
→ And I totally should
→ My parents would agree with me
→ My friends would agree with me
→ I never wanna be anything like that
→ I refuse to be wealthy like that
→ I don’t want anything to do with wealth like that

Take a nice deep breath and notice how freeing it can feel to voice resistance to that money shadow in a very honest, even over-the-top way. Close your eyes and picture that person again. See how he/she looks to you now. How much do they trigger you? What’s the intensity around your judgment towards him/her? Even after just one round of tapping, it’s usually a lot less. If you still feel a strong negative judgment push against this person, tap through the round again.

Tapping to Own Your Power around Money

So let’s do another round of tapping, starting on the karate chop point:

Even though I really judge this wealthy person, and I’m right about a lot of that, I’m open to seeing the conflict in this for me. I’ve been refusing to be anything like that because of the rejection, the disempowerment, and all the judgment it would get me in life. I judge this person. If I were to be wealthy, everyone would judge me that way.

Even though I really judge this money shadow person, I’m open to seeing the conflict in it. This vow to be nothing like them doesn’t let me receive the gift.

This person has some gifts for me; for me personally a calling to step into my power around money. I’m open to receiving that gift right now. I’m open to stepping into the part of me that is a million-dollar money manager; that would love to handle, earn, amass and manage millions of dollars.

Now continue tapping through the points:

→ I have a lot of judgment
→ And so does everyone I know
→ I totally understand my push against wealth
→ I see now that
→ I’ve managed to get rid of my money
→ To avoid ever looking like this person
→ I totally honor this push against the money shadow
All their negative traits are so clear
And I never really want to be like that
But I’m open to the gifts in this for me
The gifts in arrogance
A beautiful little gift in a negative word like “arrogance”
A tiny bit more arrogance in my life might serve me
I’m open to the gift in being selfish
A tiny little gift in such a bad word
Being a little more selfish around my life, my wealth, and my goals
That would be a gift for me
I’m open to the gift in being focused on money
Too much focus is not in balance
But too little focus is causing me to be poor
I’m open to the gift in being focused on money
Focused in a way
That lets me bring my brilliance
My intelligence
My energy
To all my dealings with money
I’m open to growing myself
Into a million-dollar money manager
Earning
Handling
Managing very large amounts of money
And being the wealthy person that is congruent
Loving
Compassionate
And much more generous
Than I can be now
I’m totally open to growing myself
Into a really good money manager
I may not be that person today
But I commit to growing myself
As I do this
I let the universe know
It can send me a lot of money
I can handle it
I can manage it
I will do right by that money
I totally honor my innate brilliance
And I’m now allowing that focus
To include money and wealth amassment for my highest good
Chapter 17: The Five Disciplines for Creating a New Vibration about Money

Tapping to Pursue Your Money Goals

Tap through all the points using the following phrases:

→ I have this huge, outrageous goal
→ I’m asking a lot of myself in this
→ In the growth I’ve had so far
→ I’ve learned so much about me
→ And I am ready to move forward
→ But I’m just going to honor myself for a minute
→ Where I am right now
→ I’m human
→ So at some level I’m stuck
→ I’m overwhelmed
→ I’m terrified
→ I’m a chicken
→ I’m insecure
→ I’m disillusioned
→ I’m angry at the world
→ And I’m sad
→ I’m all those things because I’m human
→ And I also am amazing
→ Really smart
→ I have a really big heart
→ And I do have big dreams
→ I have a big goal for my wealth
→ And dreams, and visions about where I want to go
→ Some are fleeting and some I really want!
→ And this big goal
→ I really do want it
→ I totally honor that too
→ In this present moment
→ I am both a mess and a miracle
→ I am both my old stories
→ And my power
→ I am everything I have been
→ And I am standing on the precipice of everything I will be
It’s kind of awesome
It’s a big responsibility
Everyone else I see is going through life sleepwalking
But now I’m aware of all of this
It’s awesome
And an awesome responsibility
I have so much freedom of choice that it’s scary
It’s hard to leave sleepwalking
I honor who I am right now
With all my fears
All my limiting beliefs
And all my vision
All my dreams
All my heart’s desires and my mission
I honor all of me
And I’m open to moving forward
Towards outrageous healing
Outrageous choice
Outrageous goals
And I’m going to need some support along the way
This is hard and I’m doing it
So I’m asking for support back
From the entire universe
The divine
I would like some inspiration
I would like some confirmation
That would be really nice
I would love some divine direction
I would love amazing people to show up to help me
I would like gold to arise in my life
In any form that’s right for me
Inspiration, ideas, coincidences
Or miracles
Or amazing people
I’m open and allowing everything I need
To show up
To both support my humanity
And further my vision
To both help me heal
→ Help me step up
→ Help me have courage
→ And help me create everything I am envisioning
→ I’m open to expecting and anticipating that help
→ And I am willing to do my part
→ I will commit and take action
→ Like never before
→ I will catch myself in the act
→ Of limiting myself
→ Sabotaging myself
→ Or playing small and I will bring my energy up and remember I WANT IT!
→ I will remember it’s possible for me
→ Because I am a creator
→ My eyes are opening wider
→ I am seeing things I have never noticed before
→ So much abundance and possibility
→ And I’m seeing so much more in me
→ And I am asking for more from me
→ The courage
→ The brilliance
→ The enthusiasm
→ The words
→ The vision for my outrageous goal