

EFT Card on Worthiness and Self-Love

Setup Phrase:

Tap over the heart or on the side of your left hand, while saying the following three statements (edit words as needed):

Even though... I am judging myself... for past mistakes... I am willing to accept myself... exactly as I am.

Even though... I have been hard on myself... I want to see myself differently... I accept a new perception.

Even though... I don't feel worthy... I release the past... I want to be happy... and I am open to change.

Tapping Points:

Top of Head: I lay down the past... along with all mistakes...failures...and everything I didn't do right.

Eyebrows: I want to see myself differently... even if I don't know how.

Side of Eye: I ask You God, to give me the vision... to see more in myself... and to see what You see.

Under the Eye: I'm having a hard time seeing it...but I want to see...I want to know there is more to see.

Under the Nose: I release the past... along with everything I did wrong... or didn't do right.

On the Chin: I am willing to forgive myself... even if I don't know how... even if it seems impossible.

Collarbone: I accept Your Plan for my life... I have tried it my way... and it doesn't work.

Over the Heart: I accept Your help... I am willing to take Your Hand... as You lead me out of darkness.

Center of Chest: I am willing to know... that there is a way out... and I trust You to lead me there.

Side of the Hand: I welcome love... and happiness... abundance... and a life that works.

Inside the Knees: I am willing to see myself as worthy... of receiving help... and the answers I need.

Over the Heart: I make room for solutions...With Your Guidance... every problem will be taken care of.

Center of Chest: I rest in Your Love, as You restore my mind to peace. I am safe...in Your Loving Hands.

Robin D. Duncan • Tel (714) 283-8509 • Miracles in Personal Healing™ 90-Day Program • Register at FastTracktoPeace.com
Products, Training & Certification Classes at MiracleCenterStore.com • Email - Support@FastTracktoPeace.com • All Rights Reserved © 2015

EFT Card on Worthiness and Self-Love

Setup Phrase:

Tap over the heart or on the side of your left hand, while saying the following three statements (edit words as needed):

Even though... I am judging myself... for past mistakes... I am willing to accept myself... exactly as I am.

Even though... I have been hard on myself... I want to see myself differently... I accept a new perception.

Even though... I don't feel worthy... I release the past... I want to be happy... and I am open to change.

Tapping Points:

Top of Head: I lay down the past... along with all mistakes...failures...and everything I didn't do right.

Eyebrows: I want to see myself differently... even if I don't know how.

Side of Eye: I ask You God, to give me the vision... to see more in myself... and to see what You see.

Under the Eye: I'm having a hard time seeing it...but I want to see...I want to know there is more to see.

Under the Nose: I release the past... along with everything I did wrong... or didn't do right.

On the Chin: I am willing to forgive myself... even if I don't know how... even if it seems impossible.

Collarbone: I accept Your Plan for my life... I have tried it my way... and it doesn't work.

Over the Heart: I accept Your help... I am willing to take Your Hand... as You lead me out of darkness.

Center of Chest: I am willing to know... that there is a way out... and I trust You to lead me there.

Side of the Hand: I welcome love... and happiness... abundance... and a life that works.

Inside the Knees: I am willing to see myself as worthy... of receiving help... and the answers I need.

Over the Heart: I make room for solutions...With Your Guidance... every problem will be taken care of.

Center of Chest: I rest in Your Love, as You restore my mind to peace. I am safe...in Your Loving Hands.

Robin D. Duncan • Tel (714) 283-8509 • Miracles in Personal Healing™ 90-Day Program • Register at FastTracktoPeace.com
Products, Training & Certification Classes at MiracleCenterStore.com • Email - Support@FastTracktoPeace.com • All Rights Reserved © 2015