

## EFT Card on Self-Love & Acceptance

### 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 have judged myself... for past mistakes... I'm willing to love & accept myself... the way I am.**

**Even though... I've been hard on myself... I am willing to be kinder and more loving to myself.**

**There are times... when I don't feel worthy of happiness... I release the past & I choose happiness anyway.**

### Tapping Points:

**Top of Head:** I am willing to allow more happiness into my life... I want the best for myself.  
**Eyebrows:** I forgive myself... for all mistakes and failures... I'm willing to love myself unconditionally.  
**Side of Eye:** I am learning... that when I deny the good things in life... that I am denying God.  
**Under the Eye:** I accept myself... deeply and completely... I want to see the best in myself... in every way.  
**Under the Nose:** I am willing to stop judging myself... criticizing... or punishing myself... for any reason.  
**On the Chin:** My goal is peace... for me and my loved ones... I'm willing to have a great life that I love.  
**Collarbone:** I choose to appreciate... who I am... how I am... and the way I am. I am as God created me.  
**Over the Heart:** I have carried my negative thoughts... long enough... I am ready be free... and happy!  
**Center of Chest:** I release the past... so I can move forward with ease... I choose to see the light in myself.  
**Side of the Hand:** I have never altered the goodness and purity... that God created within me.  
**Inside the Knees:** As I step forward... everything is being divinely aligned for my happiness and peace.  
**Over the Heart:** I am willing... to see the highest and the best within myself... I am not my past.  
**Center of Chest:** I love and accept myself exactly as I am... I receive all the blessings that God has for me.

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