

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 move 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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