

EFT Card on Preparing for a Great Outcome

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 feel worried... about something coming up... I choose a peaceful and happy outcome.
Even though... I find it hard to trust... that everything will come together... I'm willing to trust anyway.
Even though... I'm feeling anxious... I'm willing to trust my Inner Guide... to orchestrate every detail.

Tapping Points:

Top of Head: I release all the worry... all the anxiety... and all forms of fear and concern.
Eyebrows: I'm willing to trust... that the Divine Plan includes me... and I'll be happy with the result.
Side of Eye: I'm willing to see... all the resources coming together... easily and effortlessly.
Under the Eye: I release my need to solve... fix... change... or determine the outcome to my situation.
Under the Nose: I accept God's Plan for my happiness... even if it looks different than what I expect.
On the Chin: I will step back and let my Inner Guide... show me the quickest route to happiness.
Collarbone: I make a reservation for peace... and ease... for everyone involved.
Over the Heart: In gratitude... I receive the highest, happiest, and most positive outcome.
Center of Chest: God's will is my happiness... and that I have everything... to fulfill my happiness.
Side of the Hand: I allow every problem... and every concern... to be peacefully and calmly resolved.
Inside the Knees: I release my need for a specific outcome... I ask God to decide for me to ensure peace.
Over the Heart: I'm willing to see everyone capable... of playing their part perfectly... on behalf of peace.
Center of Chest: I am entitled to the finest that life has to offer... and the greatest and happiest outcome.

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