Transformational EFT Tapping

TIME TO THRIVE with Gayle

1. How am I feeling?

Where?

/ 10

2. Set up statement

Even though I feel...

e.g. I chose to accept myself in every way

" I

3. Tap around the points.

This (issue)

4. Check in, re-rate & repeat

"This remaining

5. Elevate your emotion

Bring in gratitude/blessing

Tap around the points whilst feeling the gratitude or blessing, breathe it into your heart space.

extra notes & insights

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