

The Tapping Solution For Financial Success & Personal Fulfillment

7-WEEK PROGRAM



• Workbook - Week 2 •



Our new and improved workbooks now allow you to type in your notes and save them right to your computer! Just type your answers into the blue boxes and then save the file to your computer.

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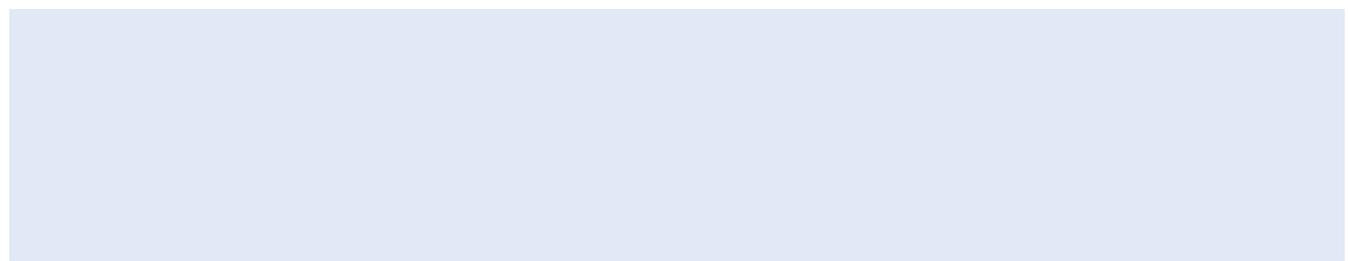
7-WEEK PROGRAM



Welcome to Webinar No. 2 of the “Seven Weeks to Financial Success and Personal Fulfillment” program!

To recap, last week the focus was on the “noise” in our lives. We took a look at the financial and emotional triggers that are present in our daily routines. Hopefully in the last week you’ve gained a little more awareness of what’s really setting you off, what’s working and what’s not working, what triggers are setting you off, particularly regarding bills, finances, your job, etc.

Do you remember what they were?



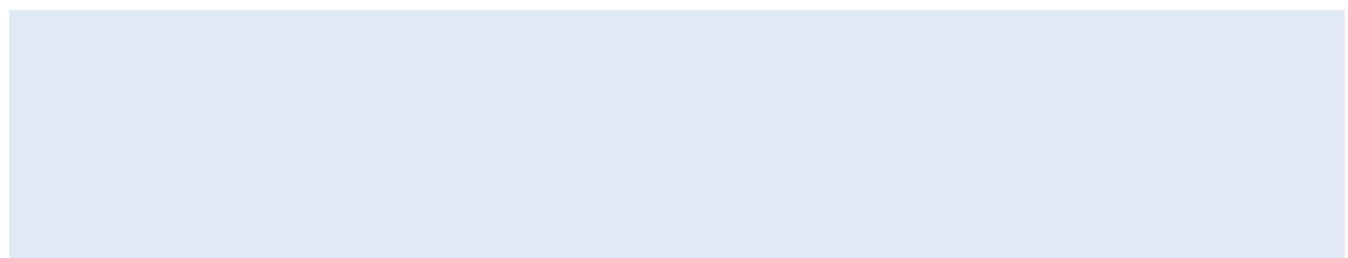
A big part of this program is that we’re going to gain awareness as to what’s going on, but the most important part is to actually do the tapping and change the response to your triggers. The triggers are not going away – it’s your response to them that we want to change...

Today’s session is about goals, dreams and having a vision.

*The world makes way for the man who knows where he is going.
-- Ralph Waldo Emerson*

But before we even go there, we’re going to tap on the emotions brought up just by thinking that you have to set goals!

So first, connect with your body, as we learned to do last week. Now, when you think of the word “goals” or when you think of setting goals, how do you feel? Where does it resonate?



Rate that emotion, from 0 to 10:

Now let's tap on it:

KC: Even though I haven't reached my goals,
I deeply and completely accept myself.

Even though I don't even want to talk about goals – it's so frustrating –
I deeply and completely accept myself.

Even though just thinking about goals stresses me out,
I choose to relax now.

EB: I don't want to think about goals.

SE: I hate goal setting.

UE: I don't even do it.

UN: Or I do it and I forget about it.

CP: Or I focus on it and they don't happen.

CB: All this stress about goals.

UA: All this stress and anxiety about goals.

TH: I don't want to talk about it.

EB: I don't want to hear about it.

SE: I'm tired of goals.

UE: All this frustration.

UN: Why don't goals come true for me?

CP: Why don't they happen?

CB: Why don't dreams come true for me?

UA: Why can't I make my vision a reality?

TH: All this stress about goals.

EB: All this noise about goals.

SE: Releasing it now.

UE: It's safe to take a look at this.

UN: It's safe to look at my goals.

CP: It's safe to look at my dreams.

CB: It's safe to have a vision.

UA: I choose to take a look at this now.

TH: I choose to take a deep look at this now.

Take a deep breath. Now measure your intensity again: 

So remember you can tap on the very initial anxiety of addressing a problem, even before you actually address it!

Why do we need goals?

- To give us a target to aim for, a direction in which to move.
- To give us clarity, understanding of ourselves.

*When a man does not know what harbor he is making for, no wind is the right wind.
-- Seneca*

THE FIVE STEPS TO ACHIEVING YOUR GOALS

STEP 1 – Pick a goal

First of all, you need to get clarity on how you like setting goals, what feels good. Do you like to handwrite, type on a computer, make a vision-board...or write on the walls?!!

Now think of a goal, a vision you would like to reach. For now, write it down, in the space below or wherever you feel more comfortable doing it.

STEP 2 – Identify your first gut reaction to that goal

As you look at that expression of your goal, how does it make you feel? Remember to get grounded, and then “feel the feeling” when you look at or think of that goal. Write out your initial gut response:

How strong is that feeling, on a scale of 0 to 10?

And now think: are you in alignment with this goal? Yes, no, or maybe partially...

Write that here:

And how does your body feel when you think of this goal? Do you feel a pressure, or a constriction anywhere?

So now let's tap on THAT feeling.

KC: Even though this goal makes me so uncomfortable,
I deeply and completely accept myself.

Even though this goal makes me really uncomfortable, there's something going on with it,
I deeply and completely accept myself.

Even though just looking at this goal stresses me out,
I choose to relax now.

EB: I don't want to look at this goal.

SE: My body's reacting to this goal.

UE: I've got some anxiety and stress around this goal.

UN: I wonder what's going on.

CP: My body feels unsettled.

CB: This goal.

UA: Looking at this goal.

TH: Focusing on this goal.

EB: I get a little stressed.

SE: Or maybe a lot stressed.

UE: This goal.

UN: Focusing on this goal.

CP: And all the stress that comes with it.

CB: Gaining clarity on this goal.

- UA: I wonder what's really going on.
TH: I wonder what's really going on with this goal.
- EB: I'm starting to get more clear.
SE: About my goal.
UE: I'm starting to gain more clarity.
UN: About my goal.
CP: Releasing all this initial stress.
CB: About this goal.
UA: It's safe to have this goal.
TH: It's safe to think and talk about this goal.

Take a deep breath, and rate the intensity again:

STEP 3 – Other people's reactions

What would happen if you shared this goal with a friend, with your family? What would they say about you and your goal?

And how would this make you feel? How would you react to what other people would say about your goal?

(If this has actually already happened to you, use that event and tap on those feelings too.)

Let's tap on this. Rate the intensity of the feeling, from 0 to 10:

KC: Even though it's not safe to achieve this goal,
I deeply and completely accept myself.

Even though I'm really worried about what they're going to say,
I deeply and completely accept myself.

Even though I have all this stress in my body; what are they going to say about this?
I deeply and completely accept myself.

EB: What are they going to say about this?

SE: All this stress about this goal.

UE: I'm worried about their judgment.

UN: All this stress.

CP: All this stress about their judgment.

CB: What are they going to say?

UA: It's not safe to share my goal.

TH: It's not safe to share my success.

EB: What if this comes true?

SE: What will they say?

UE: What will they say?

UN: I'm worried about them.

CP: I'm worried about this happening.

CB: What if this actually happens?

UA: What if my goal happens?

TH: What if my dream comes true?

EB: All this stress.

SE: All this fear in my body.

UE: This fear in my body.

UN: About this goal.

CP: This fear in my body.

CB: About their judgment.

UA: What if they judge me?

TH: What if they don't like my goal?

EB: What if they don't like what I did?

SE: What if they don't celebrate my success?

UE: What if they don't celebrate my success?

UN: What if they don't support me?

CP: It's not safe to succeed.

CB: It's not safe to succeed at this goal.

UA: All this fear and anxiety in my body.

TH: Releasing it now.

EB: This goal is safe.
SE: Whatever they say is okay.
UE: Whatever they say is their stuff.
UN: Whatever they think is their stuff.
CP: It's not my business.
CB: It's their business.
UA: I choose this goal.
TH: I choose this vision.

EB: I choose this dream.
SE: Regardless of what they say.
UE: What they think.
UN: What they do.
CP: I release all this resistance.
CB: About them.
UA: Releasing all this resistance.
TH: About them.

Take a deep breath, and rate the intensity of your feelings again:

If there are still fears, do another round of tapping. Or maybe you cleared one issue, or one person, and another one came up. Just keep tapping on each one.

STEP 4 – Your own beliefs around this goal

Write down your beliefs about the goal. Are you skeptical? Have you tried before and failed? Are you unsure of yourself? Whatever your own beliefs are, write them down:

How intense are those feelings?

KC: Even though I don't think I can do this,
I deeply and completely accept myself.

Even though part of me thinks this is impossible,
I've never done this before,
I haven't achieved this goal yet, so why is it going to happen for me now?
I deeply and completely accept myself.

Even though part of me has some negative beliefs about this goal,
I choose to release them now.

EB: My beliefs about this goal.
SE: Part of me thinks this is impossible.
UE: It hasn't happened yet.
UN: Why will it happen now?
CP: All these doubts.
CB: All these limiting beliefs.
UA: All these limiting beliefs about this goal.
TH: They're stressing me out.

EB: They're keeping me stuck.
SE: I don't want to even get started.
UE: I can't even start going towards this goal.
UN: I can't even start.
CP: All these doubts.
CB: All these fears.
UA: All these limiting beliefs.
TH: Around this goal.

EB: I can't do this.
SE: I've never done this before.
UE: Why am I going to do it now?
UN: All these fears.
CP: Releasing them now.
CB: Releasing these fears now.
UA: Releasing all the fears around this goal.
TH: Letting them go.

EB: It's safe to let them go.
SE: Opening up my mind.
UE: To a new perspective.
UN: A new possibility.
CP: What if I can do this?
CB: I wonder if I can do this.
UA: I can do this.
TH: I can make this happen.

EB: I believe in this goal.
SE: And I believe in myself.
UE: Gaining clarity about this goal.
UN: Gaining clarity about myself.
CP: All this confidence.
CB: About this goal.
UA: Clarity and confidence.
TH: I'm ready to get started.

EB: Let's stop tapping.
SE: I want to work on this goal.
UE: I'm feeling the energy.
UN: I'm clearing all these limiting beliefs.
CP: All these place where I was stuck.
CB: I'm ready to move forward.
UA: All of this confidence.
TH: Moving forward now.

Take a deep breath.

Rate your emotions again:

Did they go down?

STEP 5 – Tap In the Positive Feelings

You have systematically tapped out all of the resistance to your goals. If there are still some, go back and tap them out, and then tap in your positive feelings and expectations. We've done it a little bit along the way, with each tapping session, but this is your time to really imprint those positive feelings on your subconscious mind.

Start with small steps, and build on them as you gain confidence. But keep tapping!

If you don't know where you're going, you'll end up someplace else!
-- Yogi Berra