



# **The Tapping Solution For Financial Success & Personal Fulfillment 7-Week Program**

## **-Bonus Class 3 Transcript-**

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## Bonus Class 3 Transcript

Nick: Hello, everybody. Welcome, welcome to the Bonus Class Number 3. This bonus class we're focusing on focus and concentration, productivity, how to get more done in less time. We covered a lot of the content behind this in the week on procrastination and self-sabotage, so make sure to listen to that one first, because we're going to build on those topics here.

My intent for this call for you is to make this a process that you can use, whether it be on a daily basis or when you really want to just focus and get something done. We are going to focus – I don't mean to keep saying the word focus, but that's what we're doing. We're going to focus on how to focus better, how to set an intention for what we want to get done and how to be more productive.

At the end of the day I've found, for me personally, that increasing my productivity, increasing my focus, it's not so much about getting more done in less time, which is what we want obviously, but it's also about having a richer and deeper experience while we're doing that.

We've all had those days where we work all day and you look back and you say, "What did I do? Did I get anything done? I know I did a lot. I've been running around a lot. I see emails in my outbox, or I see things done, but I just don't feel like I got something real done. I don't feel fulfilled in the way that I want to feel fulfilled." Oftentimes that's because we're running around doing things that are urgent but not important, or urgent and important but not the long-term things that we want to do to establish ourselves and our lives and our deeper, wider, broader plans and vision.

So what we're going to do on this call is focus on, "How do we get those big things done?" How do we get those tasks that are in front of us that we keep putting off, those emails that we look at again and again and don't take action on, or that outline that you want to write, or the book that you want to write, or the project that you want to plan, the big things that we just keep putting off? We're going to do a lot of tapping because I want this to be, like I said, something that you can use again and again, and go back to.

So let's get started. Let's get right into it because, heck, we can't waste time. We're focused here on increasing productivity so let's not waste time and get it done.

There are really two steps that I find for maximum focus and productivity. The first one is to set an intention. I'm sure you've heard this before, the idea of setting an intention. What is it that you are actually looking to accomplish? Why are you doing this? What's the purpose? What's the "why" to this action?

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We want to do these things especially when we're sitting down and looking to do that more focused expansive productive work. You don't necessarily need to set an intention when you're cleaning the house. You can. You could set the intention to enjoy it and make it a more memorable experience. But the intention is really for that broader vision or goal, that big thing that you want to get done.

So one of the challenges that comes up right away with regards to setting an intention is people ask, "Well, I don't know what my intention is. I'm not even clear on what my outcomes are. I feel like I'm all over the place. I feel like I run from one thing to the next."

So we're going to do some tapping right now on really getting focused and on clearing the things that are in our way from setting that initial intention. Let's get right to it. I'm going to start by tapping on the side of the hand.

Karate Chop: Even though I'm not clear on what I want to do,  
I deeply and completely accept myself.

Even though I'm really not clear on what I want to do,  
I deeply and completely accept myself.

Even though I don't know what I want to do right now,  
I deeply and completely accept myself.

Just a little comment before we move onto the points. That issue of actually sitting down and saying, "I don't know what I want to do. What should I do? What's the most important thing? What can I get done right now," is a big problem people have, that we're scattered. We don't have that real focus and intention, "Hey, this is what I'm doing right now." So this is what this tapping is doing, helping us get clear, "What do I actually want to do?" So let's go through the tapping points.

EB: I don't know what I want to do.  
SE: What's the best thing to work on right now?  
UE: I don't know what I want to do.  
UN: What do I want to do?  
UM: I wonder what I should do.  
CB: Or even better, I wonder what I could do.  
UA: I wonder what I choose to do now.  
TH: I'm starting to make this choice now.

EB: The choice is getting clearer and clearer.  
SE: I'm getting clear on exactly what I want to do.  
UE: I am choosing now.

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UN: I'm making a clear choice  
UM: and setting a clear intention.  
CB: I wonder what my intention is.  
UA: What might my intention be?  
TH: What would be a great intention here?

EB: I now know what I want to do next  
SE: and I set my intention.  
UE: I'm getting more and more clarity on my outcomes.  
UN: I know why I want to do this.  
UM: I'm getting more and more clear,  
CB: Clarity about my intentions.  
UA: Clarity about what I want to do exactly  
TH: and clarity as to why I'm doing it right now.

Back to the eyebrow. Now we're getting clarity on an issue. Let's just really lock in that feeling before we address the next step, which is: how do we actually get started on what we want to do?

EB: It feels so good to be clear.  
SE: It feels so good to be clear about what I want to do.  
UE: It feels so good to be clear about my intentions.  
UN: I know my outcomes  
UM: and I know how good this will feel to get done.  
CB: Increasing my levels of clarity now.  
UA: Feeling more and more clear now.  
TH: I know what I want to do, I've set an intention and I'm ready to go.

Go ahead and take a deep breath and let it go. You should feel some energy coming forward, and that clarity. You can rewind and do that again a couple of times if you're still not clear on what you want to do or what your intention is behind it.

Let me give you some clarity as to how to set intentions and what to do, because I've said, "Pick what you want to do and set an intention." What does that look like? It means seeing the project that's in front of you with more clarity, and seeing it in its completeness, and seeing exactly what it is that you're going to do in this moment.

A lot of times, especially with big projects, and I've talked about this a lot, we tend to be overwhelmed because a project is so big and we don't look at the next action. We don't look at what's in front of us right now. I've talked about the same thing when we're doing this personal development work, that we look at the whole broad scope of it and think, "Oh my gosh, I have so much work to do on

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myself.” As opposed to really focusing on what’s next. It’s the exact same thing when it comes down to a big project that you’re sitting down and working on. You cannot expect to get the project done all at once.

I’ve found for myself personally as I’ve worked on my book, when I look at the whole thing I get overwhelmed. There are so many elements of it. Forget just the process of writing the book, which is a huge process in and of itself, but then the editing process and the book trailer and the cover, all these things that go into it. And unless I chunk it down to what’s in front of me right then and there, and unless I set that intention for what I want to do exactly, the whole project becomes overwhelming and miserable. So when I find myself going to that place, looking at the whole thing, I tap to get clear on the intention. What’s next? What needs to happen next and what’s my intention for it?

So I might say, “In the next hour what I see as next is I’ve got to work on the book trailer. My intention is to spend the next hour just filling my mind with ideas, seeing what other people are doing with their book trailers, writing down creative thoughts. I’m going to set a time limit. I’m going to say 60 minutes, that’s it. And the outcome is going to be I’m going to have a bunch of fresh ideas for the book trailer. And that’s it. That’s my intention. That’s the outcome that I want for that one hour.” As opposed to, again, thinking that I’m going to get it all done at once.

So whenever you can, chunk down on your task. Again, what I mean by chunking is you’re taking a chunk of the task. Chunk down into small bits, get clear, set an intention, tap to get clarity on that intention. Then you’ll see you’re so much more likely to actually do the work and follow through with it. So now we have intention. Now the energy’s starting to build where you feel, “Okay, I’m ready to do this. It feels good.”

The next thing to do... Well, there are two things. First of all, if your energy is rocking here and you are fully ready to go and you know you’re just ready, then get going on it. If you’re not, if you’re still feeling some resistance, then it’s time to clear out the distractions. So if you do the tapping we just did and you’re still not focused, you’re still not locked into doing this work and you find, “You know, why don’t I just go on Facebook for a few minutes,” or, “Why don’t I clear the kitchen?” Then there’s something else going on.

So we need to ask ourselves a couple questions. And we’re asking them specifically about the task that we put in front of ourselves, that intention, that outcome which we’re now moving away from.

So let’s back that up. Let’s look at what’s happening. You said to yourself, “I want to do this. I want to do something. This is a choice I’m making.” You’re

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moving in the right direction there, and now there's a part of you that's going, "Mmm, Facebook, cleaning the kitchen, talking to friends..." So, what's going on there? There are distractions. There are downsides. There are limiting beliefs behind these actions that we need to get at the root of.

So let's think about the action that you wanted to take, and then let's ask ourselves some questions. The first question that I always love asking – and it's a tough one to really get a hold of because the initial answer is often, "Oh, no. There's no downside to this," – and the question is, "What's the downside to getting this done?"

Most people have a hard time with that. "The downside to getting this done... No, there's no downside. I want to do this." But stop for a second and really think about it. If you got this action done, what would it mean? It might be, "Well, the downside of getting this done is I'm going to have more work to do afterwards. So if I stop it here and I distract myself then I don't have to do this work, and I just don't want to do it."

The downside to getting this done is you might get more attention. If it's the book you put out into the world or the better work that you do at work, "I don't want to get attention. I don't want to stand out." We've talked a lot through these seven weeks about all the different limiting beliefs, the things that we believe about ourselves, about money.

So ask yourself with regards to this task that's in front of you, "What's the downside of getting it done?" You can also ask yourself what do you believe about doing this? So you might look at a task in front of you and say, "Well, it's hard. I don't want to do it because it's hard. It's hard work." That's a belief. Or you might say, "This isn't fun. I don't want to do this. It's not fun. The task that I picked is getting through my bills, and cleaning up my finances, and it's miserable. It's not fun. I don't want to do it. I set my intention. I set my focus. But now I realize I don't want to do it."

Then you can also ask yourself what do you believe about yourself with this task? What do I mean by that? I mean: you just set the intention, you were starting to move forward on it and now you are getting distracted. So you're saying to yourself, "Look, this is the usual thing. I never get it done. I always get distracted. This is just who I am. I'm a procrastinator." That's what you believe about yourself.

So again, questions you can ask: What's the downside to getting this task done? What do you believe about doing this? What's this experience going to be like? What do you believe about yourself with this task? Those are just a couple of good questions to get you started.

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Let's do some tapping. I don't know what the issue that you picked is, so I'm going to do global tapping on just being distracted and not wanting to get it done. So, tapping on the side of the hand.

KC: Even though part of me is distracted,  
I deeply and completely accept myself.

Even though part of me is really distracted,  
I don't want to get this done,  
I deeply and completely accept myself.

Even though part of me is really distracted,  
I just don't want to get this done,  
I deeply and completely accept myself.

EB: I'm distracted.  
SE: I set my intention,  
UE: but now part of me doesn't want to do it.  
UN: I wonder why I don't want to do this.  
UM: I wonder why I don't want to do this.  
CB: Why don't I want to do this?  
UA: What's the downside to getting this done?  
TH: What's the downside to getting this done?

EB: I wonder if there's a downside.  
SE: I wonder if there's a downside to getting this done.  
UE: All these distractions.  
UN: All these patterns of not getting this done.  
UM: All these beliefs about myself.  
CB: I wonder what I believe about myself  
UA: and getting this done.  
TH: I wonder what I believe about myself

EB: with regards to getting this done.  
SE: I wonder if I can get this done.  
UE: I wonder if I can release these distractions  
UN: and move forward.  
UM: It's time to get this task done.  
CB: It would feel so good to get it done.  
UA: I choose to get this done.  
TH: I choose to clear all these distractions

EB: from my life

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SE: and my mind.  
UE: I choose to get this done now.  
UN: I'm ready to get this done.  
UM: I'm ready to be more focused and productive than ever before.  
CB: I'm ready to double my productivity right now.  
UA: All I have to do is focus.  
TH: I believe in my ability to focus.

EB: Once I set an intention  
SE: and then clear these distractions,  
UE: my focus and productivity increases.  
UN: It feels so good to get this done.  
UM: It feels so good to get this done right now  
CB: and I'm going to have fun doing it.  
UA: I'm going to feel so good doing this.  
TH: I'm going to feel so good doing this right now.

EB: It's time to get this done.  
SE: I'm ready to be focused and productive.  
UE: I'm ready to be focused and productive right now.  
UN: It's time.  
UM: It's time to get it done.  
CB: I choose to get it done, to be focused and to be productive.

Take a deep breath and let it go. And with that, because I can hear you getting ready to get to work – you are telling me right now, I can hear you talking back to me saying, “Okay, enough tapping. Let's go.” I've felt that before with the energy so often. When you do the tapping you set the intention, you clear the distractions and you are ready to go and move forward in a positive direction and to be focused and productive.

So I'm going to leave you right here. Go, get it done. Good luck, you're going to be amazing. Thanks for listening and I'll talk to you soon.