

Tapping for your purpose



Aligning to your soul's purpose

Side of hand: Even though things may be difficult now and I'm feeling uncertain, I completely love and accept myself (repeat three times).

Top of the head: I am willing to overcome obstacles in order to expand.

Eyebrows: I have a deep connection to my soul and my Spirit.

Side of eye: The more I commit to my purpose.

Under the eye: The more ease and grace I experience.

Under the nose: Ease is a natural result of being who I am.

Chin: My purpose is meant to feel easy.

Collarbone: I live a purposeful and abundant life.

Under the arm: I am in alignment with my purpose.

Side of hand: It is done, it is done, it is done.

Repeat ALL 3 times.

Take a deep breath. You are now set up to live your purpose from a place of ease, grace, fluidity and understanding.

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Self-doubt tapping

Side of hand: Even though I feel confused and doubt myself, I completely love and accept myself (repeat three times).

Top of the head: I am willing no longer doubt myself and my purpose.

Eyebrows: Everytime I hear my inner critic speak to judge or bring shame

Side of eye: I will recognize her as my inner critic speaking from a place of fear

Under the eye: I will shift my focus back to my purpose rooted in a place of love.

Under the nose: I will come back to it with even more energy, focus, and passion.

Chin: And have a breakthrough unlike any other I've had before.

Collarbone: I trust my gifts and talents.

Under the arm: I am in alignment with my purpose.

Side of hand: It is done, it is done, it is done.

Repeat ALL 3 times.

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Confusion tapping

Side of hand: Even though I sometimes feel confused and doubt myself, I completely love and accept myself (repeat three times).

Top of the head: I invite my brain to relax.

Eyebrows: I know my purpose is within me.

Side of eye: I'm awake and aware of the signs guiding me to it.

Under the eye: I have a strong connection to my intuition.

Under the nose: I let myself be guided by the Universe

Chin: I know I'm actually not confused but I am exploring new options.

Collarbone: These options will guide me to my truth.

Under the arm: I am in alignment with my purpose.

Side of hand: It is done, it is done, it is done.

Repeat ALL 3 times.

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Anxiety tapping

Side of hand: Even though I have so many thoughts and am worried I'll never find my purpose, I completely love and accept myself (three times).

Top of the head: I know these thoughts are guiding me somewhere and are guiding me towards my purpose.

Eyebrows: Nothing is wrong with me and I am exactly where I need to be.

Side of eye: I will use my thoughts toward my creativity.

Under the eye: I have nothing to worry about and I am completely on track.

Under the nose: I take steps and actions that are aligned with my soul's purpose.

Chin: I follow my purpose even though some people may not understand

Collarbone: I am grounded and anchored in my truth.

Under the arm: I am in alignment with my purpose.

Side of hand: It is done, it is done, it is done.

Repeat ALL 3 times.