



# PROJECT TAPPING

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*Official Webinar Workbook*

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## SIMPLE TIPS TO GET THE MOST OUT OF THIS SESSION

- 1** Print out the Online Training Notes before the session starts so you can take down notes as you listen.
- 2** Review the topic outline in this workbook so you know what to listen out for.
- 3** Make sure you've set aside 60 minutes of private time for this session so you'll be able to focus and fully receive the benefits of the Tapping session.
- 4** During the event, write down ALL the interesting new ideas and inspirations you get while listening - that way you won't lose the most relevant information to you.
- 5** Think of how you can quickly implement the techniques used in this session to dissolve any limiting beliefs.
- 6** Be in a comfortable position (ideally not driving) so you can fully take part in the tapping exercises Carol will be guiding you through.



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## WHAT IS TAPPING?

Tapping is a revolutionary technique that releases triggers for fears or beliefs holding us back.

Tapping can be used as a complementary tool to : \_\_\_\_\_ and \_\_\_\_\_ which will get you on your way to a life of abundance you want.

What two things block our abundance?

\_\_\_\_\_ and \_\_\_\_\_.

The fears are divided into 5 categories. What are these categories?

1 ) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

4) \_\_\_\_\_ 5) \_\_\_\_\_



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Which one of these is your main fear that is blocking your abundance?

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How does it manifest in your life? Write down how this fear is currently blocking abundance in your life?

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NOTE : If you have more than one fear blocking you, do the same for each one.

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Tapping is a combination of \_\_\_\_\_ and \_\_\_\_\_

What are meridians points in the human body?

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If you clear out blockage in your meridians, you will have more

\_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_

balance.

Where do the core issues, the root causes, reside in our body?

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What simplified the tapping process in the 1990's ?

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## TAPPING

### Step One - TARGET:

Choose a target : A fear or a limiting belief you have. Write out your target below:

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### Step Two - MEASURE:

Measure how upsetting it is from 1-10. What is your discomfort number on the intensity scale?

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### Step Three - Perform the SET-UP STATEMENT:

While tapping karate chop point on either hand, repeat AFFIRMATION 3 times. Please complete your set-up statement below :

AFFIRMATION : "Even though I

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I deeply and completely accept myself anyway."

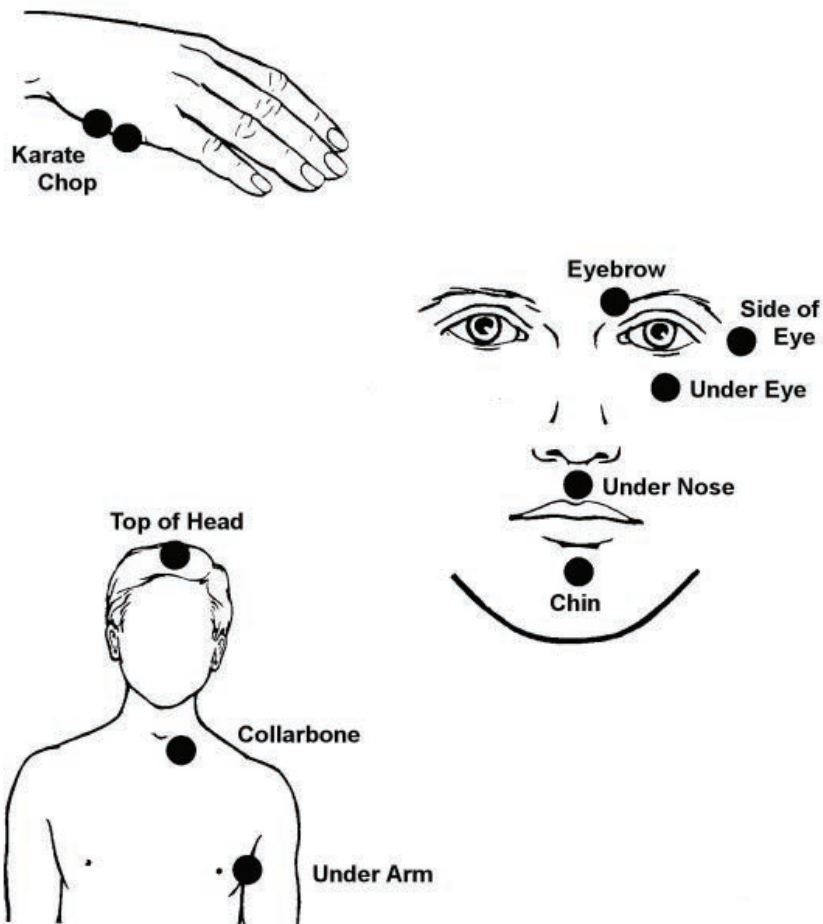
Now that we've brought up the fear, we can start tapping on the meridians.



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## Step Four – TAPPING :

See diagram below for the meridian points you will be tapping.



Tap each of the meridian points while repeating the problem or fear you have.

Example : “This fear of \_\_\_\_\_ is blocking my abundance”

- Eyebrow (EB)
- Side of Eye (SE)
- Under Eye (UE)
- Under Nose (UN)
- Chin (CH)
- Collarbone (CB)
- Under Arm (UA)
- Head (H)





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## **Step Five - ASSESS:**

Now take a deep breath and assess your discomfort again on the 0-10 point intensity scale.

\_\_\_\_\_

## **Step Six - Repeat SET-UP STATEMENT:**

The next step is to, while tapping your karate chop point, repeat the REVISED AFFIRMATION using the word I STILL :

“Even though I STILL \_\_\_\_\_ , I deeply and completely accept myself.”

## **Step Seven :**

Tap all of the points again, repeating the REVISED REMINDER PHRASE:

“My fear of \_\_\_\_\_ is blocking my abundance”

## **Step Eight - ASSESS:**

Assess your discomfort now on the 0-10 point rating scale.

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## **Step Nine :**

Repeat the steps as many times as needed until you feel the fear has really dropped by assessing yourself (on a scale of : 1-10) after each round or session.

## **Step Ten :**

Repeat the whole process with different fears or whenever the same fear starts blocking abundance in your life.



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## NOTES

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