



PROJECT TAPPING

Official Webinar Workbook



PROJECT TAPPING

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.



PROJECT TAPPING

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) _____



PROJECT TAPPING

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

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

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



PROJECT TAPPING

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

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

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



PROJECT TAPPING

Tapping is a combination of _____ and _____

What are meridians points in the human body?

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?

What simplified the tapping process in the 1990's ?



PROJECT TAPPING

TAPPING

Step One - TARGET:

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

Step Two - MEASURE:

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

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

I deeply and completely accept myself anyway."

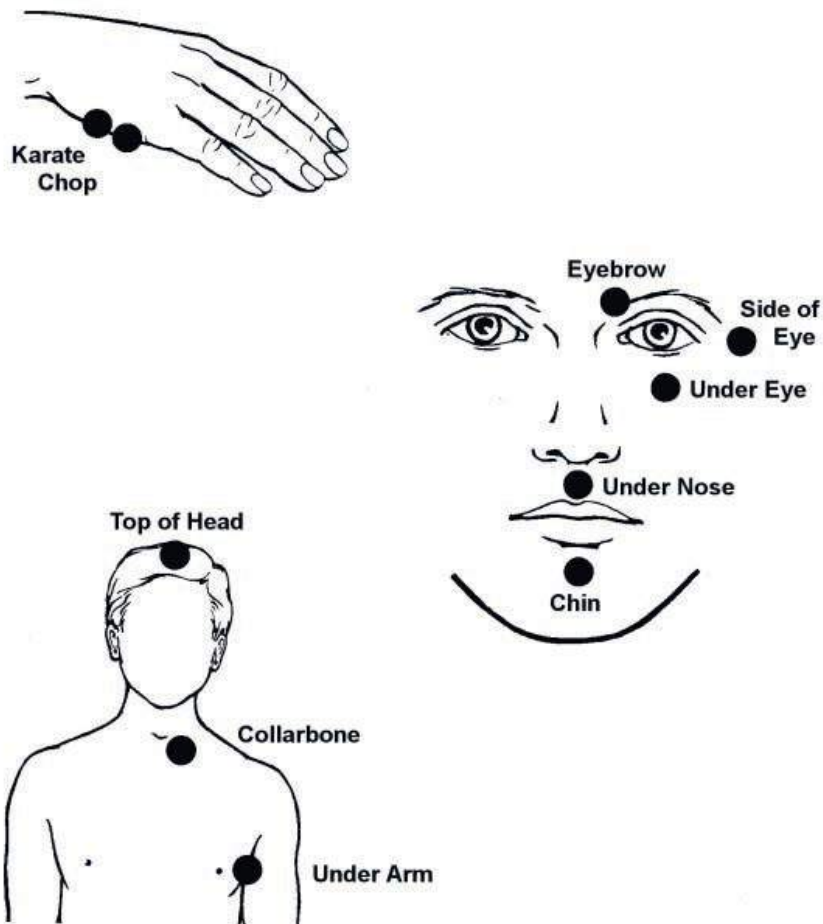
Now that we've brought up the fear, we can start tapping on the meridians.



PROJECT TAPPING

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)



PROJECT TAPPING

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.

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.



PROJECT TAPPING

NOTES
