



## **Embracing the Journey Forward Tapping Script**

**Eyebrow:** I'm so proud of myself.

**Side of Eye:** I've come so far.

**Under Eye:** I honor where I am . . .

**Under Nose:** And I'm ready for the next step.

**Chin:** I embrace my life now.

**Collarbone:** I enjoy this journey.

**Under Arm:** I am exactly where I am meant to be.

**Top of Head:** It feels so good to feel good.

**Eyebrow:** I appreciate my body with loving words.

**Side of Eye:** When I notice an unkind voice . . .

**Under Eye:** I find power in the present moment . . .

**Under Nose:** And choose to be kind.

**Chin:** I promise to stand by the person in the mirror . . .

**Collarbone:** Even when she makes a mistake.

**Under Arm:** Disapproving of myself hasn't been working.

**Top of Head:** I now choose to love and approve of myself.

**Eyebrow:** As there is movement in my body . . .

**Side of Eye:** There is movement in my life.

**Under Eye:** I experience creativity and gratitude through movement.



**Under Nose:** I fall deeper in love with movement.

**Chin:** I begin to notice what foods are best for my body.

**Collarbone:** There is no place to arrive to.

**Under Arm:** I'm constantly learning what my body needs.

**Top of Head:** I create a loving relationship with my body and food.

**Eyebrow:** I make pleasure a priority.

**Side of Eye:** I find easy ways to add more pleasure to my life.

**Under Eye:** I give myself moments to simply relax.

**Under Nose:** As I learn to say no to others . . .

**Chin:** I say yes to myself.

**Collarbone:** As I begin to value my time . . .

**Under Arm:** Others begin to value my time.

**Top of Head:** It's safe to put my well-being first.

**Eyebrow:** It's safe for me to shine.

**Side of Eye:** I'm pulled forward toward my dreams.

**Under Eye:** I have the courage and faith I need.

**Under Nose:** I let go of what other people think . . .

**Chin:** And honor what I think.

**Collarbone:** This journey is about me . . .

**Under Arm:** And as I allow myself to shine . . .



**Top of Head:** I inspire others to do the same.

**Eyebrow:** I release the need to find every answer.

**Side of Eye:** I release the need to solve every problem.

**Under Eye:** I can be happy now, exactly where I am.

**Under Nose:** It's never been about the weight.

**Chin:** The weight was just trying to get my attention . . .

**Collarbone:** To wake me up to my potential.

**Under Arm:** I experience my power by caring for my body.

**Top of Head:** I love, accept, and thank my incredible body for leading me here.