



Letting Go of Limiting Beliefs and Creating Empowering Ones Tapping Script

Karate Chop: Even though I've held on to beliefs that have held me back, I love and accept myself. (Repeat three times.)

Eyebrow: All these limiting beliefs . . .

Side of Eye: I thought they were facts.

Under Eye: Many of them have been passed down from my parents . . .

Under Nose: Or from my culture . . .

Chin: "If it's not hard, it's not worth it" . . .

Collarbone: "I'm just unlucky" . . .

Under Arm: "I have bad genes" . . .

Top of Head: "I don't follow through" . . .

Eyebrow: These old beliefs . . .

Side of Eye: I've been repeating them to myself.

Under Eye: These beliefs don't have power.

Under Nose: I've been giving them power with my attention.

Chin: I allow myself to question everything.

Collarbone: Is this really true?

Under Arm: Is this really what I believe?

Top of Head: I stay open and curious.

Eyebrow: I logically know they aren't true . . .



Side of Eye: But they feel true.

Under Eye: Acknowledging this feeling . . .

Under Nose: I've lived with them for so long.

Chin: I thought it was just who I was . . .

Collarbone: But it's a feeling . . .

Under Arm: And feelings can change.

Top of Head: I accept myself even with all these feelings.

Eyebrow: When I take time to notice these beliefs . . .

Side of Eye: I tap on them individually.

Under Eye: I have the power to choose what I believe.

Under Nose: If that old belief creeps up . . .

Chin: I tap on the emotion this old belief elicits.

Collarbone: I feel calm and confident . . .

Under Arm: I remember it's just a thought.

Top of Head: And then I choose a different thought.

Eyebrow: I consciously choose what I believe.

Side of Eye: I believe being healthy is empowering.

Under Eye: Life is meant to be enjoyed.

Under Nose: Health is an expression of that joy.

Chin: I can achieve my goals.

Collarbone: My body is supporting me.



Under Arm: I have so much to be grateful for.

Top of Head: I possess every quality needed to live an extraordinary life.

Fill in the last round yourself! What do you now choose to believe about yourself?

I am . . .

Adventurous

Confident

Determined

Enough

Intelligent

Passionate

Smart

Strong

Unstoppable

Worthy

Eyebrow: I am _____

Side of Eye: I am _____

Under Eye: I am _____

Under Nose: I am _____

Chin: I am _____

Collarbone: I am _____

Under Arm: I am _____

Top of Head: I am _____