



Find the Pleasure in Exercise Tapping Script

Karate Chop: Even though I have all this resistance to exercise, I love and accept myself. (*Repeat three times.*)

Eyebrow: I just don't have the time.

Side of Eye: I don't have the energy.

Under Eye: I don't want to.

Under Nose: There are so many other things I need to do.

Chin: It's uncomfortable.

Collarbone: It feels like torture.

Under Arm: I feel depleted of energy . . .

Top of Head: The thought of exercising is exhausting.

Eyebrow: I logically know this will help my energy . . .

Side of Eye: But it doesn't feel true.

Under Eye: I'm getting clear on what's under this resistance.

Under Nose: I know I should go . . .

Chin: But I'm rebelling against this pressure.

Collarbone: Maybe I don't *have* to exercise.

Under Arm: Maybe I can *choose* to exercise.

Top of Head: All this remaining resistance . . .

Eyebrow: I don't want to face that critical voice . . .



Side of Eye: That says I'm not good enough . . .

Under Eye: That says to stop trying . . .

Under Nose: That judges every movement . . .

Chin: That judges my body.

Collarbone: I face that voice now.

Under Arm: As it loses its power . . .

Top of Head: I begin to hear a new voice.

Eyebrow: I am good enough.

Side of Eye: I can do this.

Under Eye: I can even enjoy this.

Under Nose: I don't need to be perfect.

Chin: I do my best.

Collarbone: I enjoy the moment.

Under Arm: As I connect with my body . . .

Top of Head: I connect to a greater wisdom.

Eyebrow: Ideas begin to flow.

Side of Eye: I feel strong and resourceful.

Under Eye: I feel clear and confident.

Under Nose: When I feel stuck in my life . . .

Chin: I begin to move my body.



Collarbone: When there is movement in my body . . .

Under Arm: There is movement in my life.

Top of Head: Life begins to flow.

Eyebrow: I begin to fall in love with the feelings that come from movement.