Tapping: Exercise #2

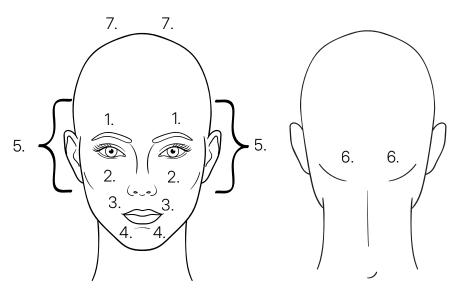
Three Adjectives to Embody

Need help shifting your state and where your thoughts are focused? Choose 3 adjectives for how you would like to be feeling instead.

For example: grounded, peaceful, focused.

Follow these steps to complete this exercise:

- Using your ring, middle, and pointer fingers tap on the following points in the order they are listed
- Inhale through your nose and exhale out your mouth
- As you tap on each point repeat your cycle of 3 words, 3 times by saying them in your head or out loud
- When you finish the chest point, add an "I am" statement in front of each word and repeat them 3 times through
- To complete, drop your hands to your side. Keep your toes grounded and let your heels bounce up and down. Take deep breaths in and audible exhales through your mouth



8. CHEST 8.