

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

