

Morning Tapping Script

by Dina Weiss

Here's a tapping script to start your day in an empowering way. Speak slowly and out loud as you tap, feeling into the meaning of the words you're saying. If needed, refer to my separate EFT Tapping Points diagram.

*As I greet this day ...
I open myself to NEW possibilities ...
with a child-like eagerness & curiosity.*

I commit to loving myself today.

*I LOVE my body.
I listen to its wisdom.
It knows when I need food, water, rest, & joyful movement.*

*I THANK my body for partnering with me ...
for so much that it does for me.*

*As I tune into that gratitude, I see & feel ...
this warm, emerald green, glowing light ...
expanding inside my chest ...
expanding throughout my body ...
and into my energy field that surrounds my body.
It feels delicious.*

Stop tapping for a moment. Take a nice breath here, and envision the times you'll be eating throughout the day. Then, hold that vision as you resume tapping through the points.

*I HONOR my body ...
by eating slowly & intentionally ...
with love, presence, & pleasure.
Eating is a joyful experience.*

*I pay attention to & savor ...
the colors, smells, tastes, & textures of the food ...
like an Explorer ... in a technicolor way!
I naturally gravitate to food that nourishes my body, mind, & soul.*

*I don't have to be "perfect."
There is no perfect.
I choose GRACE & EASE.*

*I give empathy to myself ...
just like I would to a dear friend.*

*With curiosity & compassion ...
I notice thoughts, beliefs, or judgments ...
that I hold towards myself or others ...
and recognize the ones that are not so life-giving.*

*That's NOT me talking.
It's my Judge or Inner Critic ...
who tells me lies to sabotage me ...
because it thinks it's protecting me in some way.*

*Instead, I reach for a better-feeling thought ...
that still feels true for me.*

*I honor myself and others ...
by setting healthy boundaries.
It's okay to say "No" ...
so my yesses have more meaning.
I clearly communicate my boundaries ...
with love & compassion.*

*I am not my weight.
My weight does not define who I am.
I love & appreciate who I am ...
right now.*

AND ...

*I take small, loving actions ...
cumulative steps ...
toward a healthier version of me ...
mind, body, & spirit.*

*My power exists in the PRESENT moment.
Not in the past ... and not in the future.*

*Where I place my attention ...
is where my energy flows.
Therefore, I place my attention on ...
"What can I do to love myself best in this moment?"*

Stop tapping. Take a nice healing breath and feel your body relax.

This information is solely educational and informational to support you with tools to shift your mindset, change your beliefs, and feel your emotions in a healthy way so you can release weight from your body and stress from your life. It is not intended to provide health care, medical, psychological or nutrition therapy services, and it is to be used at your own risk based on your own judgment. For my full Disclaimer, see <https://mind-bodyweightrelease.com/disclaimer>.