



TAPPING Q&A

Pod #299: Setting Intentions In The New Year w/ EFT

<https://tappingqanda.com/2018/01/pod-299-setting-intentions-new-year-w-eft/>

My intention is to have a more generous spirit...Because when I have a more generous spirit...It helps me to be fully present throughout my day...It helps me to be truly connected to the people around me...It allows me to be the type of person I want to be in the world...There is a part of me that is worried...That if I am too generous...Then I will lose all of my boundaries...That if I'm too generous...People are going to take advantage of me...That if I am too generous...I'm going to lose myself in the service of others...Because I'm simply going to give it all away...My intention for today is to find opportunities to have a more generous spirit in a way that is healthy for me.

My intention is to find my way to more peace and calm...In the middle of a busy life and my very busy day...Because when I tune in and find peace and calm...I am much more aware of my full presence...I am not running on autopilot...I am more grounded in my body...I am worried that if I slow down...I'm not going to get enough done...I'm going to fall behind...I'm going to miss opportunities...I recognize the fact that when I am peaceful...I respond better and end up with what I truly want...My intention for today is to be open to finding my way to moments of peace and calm.



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My intention is to be open to new opportunities...To find inspiration and ideas in unexpected places...Because I know that when I am on autopilot...I am missing new opportunities...I am missing out on grace...There is a part of me that is afraid that I will be distracted by new ideas...That I'm going to chase thousands of new ideas...And never actually get anything done...I appreciate the fact that my system is trying to keep me safe in this way...I appreciate the fact that it's trying not to be distracted...But I know that there are answers all around...there are opportunities all around...That are not distractions...But instead will make my life better...My intention is to be open to opportunity and inspiration as it shows up today.