



Tapping For A Fresh Start (Pod #418)

You can find the audio that goes along with this tapping script at <http://TappingPodcast.com>

I would like to begin again...I would like to begin a new way...I want to create new dispositions...I want to take new actions...This is going to require me to change my old patterns...This is going to require me to move past previous failures...This is going to require me to be in the moment in a new way...I know a resolution is not enough...Simply stating my new goal is not enough...That's okay...That's part of the process...Everything that came before this moment created this moment...Everything that came before this moment is created where I'm standing today...This impacts the next action I can take...This does not predetermine the next action I'm going to take...This does not mean I'm stuck in this spot...This does not mean I have to repeat the past...Regardless of where I am standing now, regardless what came before this moment, I can change...I can transform...I can act in new ways...From this fresh start I can create something new...From this fresh start I can act in new ways...I recognize that success is not an all-or-nothing proposition...I recognize this fresh start is it going to happen all at once...Instead it is going to come from deliberate action...Instead it is going to come from deliberate thought...I know I'm going to fall into my own patterns...I know that this is going to take effort...Not all of my effort is going to work out the way that I would like...With a fresh start I got a new way of moving forward...This deliberate action can add up into something new...This deliberate action can add up into something better...I can do this in a thoughtful way...I will do this in a deliberate way...I am always creating something new...With this fresh start I choose to deliberately create something new...Not just letting the day happened to me...But to choose with intent...To move forward in a thoughtful way...Little by little creating something new...Choice by choice creating something new...Transformation is not all or nothing...I give myself permission to incrementally move to a new place.