



**Title:** Bonus Pod #30: Worthy To Be Here Tap-Along

Link: <https://tappingqanda.com/2013/01/bonus-pod-30-worthy-to-be-here-tap-along/>

*I am worthy of being here...I am worthy of taking up space...I am worthy of existing... I am worthy of being seen...I am worthy of being here...I am worthy of acting...I am worthy of creating a life...I am worthy of being recognized...I am worthy of moving forward...I am worthy of being seen...I am worthy of taking up space...I am worthy of being known...I am worthy of being recognized...I am worthy to be here...*