



Pod #262: EFT For Encouragement

<https://tappingqanda.com/2017/03/pod-262-eft-encouragement/>

I am brimming with energy.

I am overflowing with joy.

I possess everything necessary to be successful.

Creative energy surges through me.

Today I will find new and brilliant ideas.

I abandon my old habits and pick up new habits that serve my health and my wellbeing.

My efforts are being supported by the universe.

My dreams are coming true before my eyes.

Happiness is my birthright.

I feel joy and contentment.

By allowing myself to be happy, I inspire others to be happy as well.

I look at the world around me and smile with a deep feeling joy.

My heart is overflowing with love.

I expect to be successful because success is my natural state.

I feel powerful, capable, confident, and energetic.

I am a solution focused problem solver.

I am unique. It feels good being alive and being me.

I act from a place of personal strength.

I find deep inner peace with who I am.



TAPPING Q&A

Every cell in my body is made for energy and for health.

I pay attention and listen to what my body needs.

I am a peacemaker wherever I go.

I am focused and engaged with the task at hand.

I am grateful for this moment.

I observe my emotions without getting attached to them.

Every day I am more and more at ease.

I draw from my inner strength.

I trust myself.

Today will be a gorgeous day to remember.

I show compassion and I show love.

I choose to see the light that I am to this world.