



TAPPINGQ&A

Pod #320: EFT When We Have An Unclear Vision (Productivity Series: 1 of 7)

<https://tappingqanda.com/2018/07/pod-320-eft-when-we-have-an-unclear-vision-productivity-series-1-of-7/>

I recognize the fact that it is difficult for me to take action when I don't have a clear vision of where I'm going...When my vision is unclear my subconscious tries to keep me safe...By preventing me from taking action...Because my subconscious doesn't want me to waste time...My subconscious doesn't want me to waste energy...My subconscious is worried that if my vision is not clear...Then the actions I take might be in the wrong direction...That the actions I take might be moving away from my ultimate goal...And because it doesn't want me heading in the wrong direction...It prevents me from taking any action at all...I appreciate the fact that it's trying to save me energy...I appreciate the fact it's trying to save me time...By not wasting my effort on something that isn't useful...When I take action it is an opportunity for me to learn...It is an opportunity for me to get feedback...To see if I'm heading in the right direction...Even if the action I am taking isn't leading in the right direction...Taking the



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action can be useful...Because I'm going to learn...I am going to get feedback...And it's going to give me clarity about what my goal actually is...In moments when I lack clarity...I give myself permission to take the action that seems most logical...Even if it isn't moving me in the exact right direction...It will help me to learn what the right direction is.