



TAPPINGQ&A

Pod #325: EFT For Recognizing Your Success (Productivity Series: 6 of 7)

<https://tappingqanda.com/2018/08/pod-325-eft-for-recognizing-your-success-productivity-series-6-of-7/>

I recognize that my progress is incremental...I recognize my progress is not happening all at once...And because that is the case...It's really easy for me to miss my own progress...It's really easy for me to not recognize how I am moving forward...When I do not recognize my own progress...It's so easy for me to feel discouraged...It's easy for me to lose momentum...Because it doesn't feel like I'm moving forward...Since it doesn't feel like I'm moving forward...I don't want to waste my time or energy on something unsuccessful...I give myself permission to recognize the new normal...As being something that is different than the old normal...I give myself permission to recognize that progress is happening...Even if it is only happening in small ways...It is happening...I am moving forward...And I am making progress...I can see that progress when I take a step back...And reminding myself of my progress will help me to keep moving forward...It will help me maintain my momentum...It's a process...Sometimes I wish it wasn't always a process...But I recognize that is how success happens...I give myself permission to trust the



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process...And to trust that my action are having an effect...I am open to the process...I'm open to being more aware of the progress I am making...I give myself permission to keep taking action...Even when it doesn't feel like I'm moving forward...Because I am moving forward towards success.