



Pod #366: Midday Tapping

<https://tappingqanda.com/2019/06/pod-366-midday-tapping/>

This is my chance to reset...This is my chance to reground myself...In the middle of the day it is so easy to feel rushed...In the middle of the day it is so easy to feel overwhelmed...I give myself a few moments to reground myself...I give myself permission to be refocused where I am...I give myself permission to take a pause without feeling panicked or overwhelmed...I acknowledge and appreciate everything I have done so far today...Even if I didn't get everything done that I wanted to do...Even if everything didn't go as planned...Everything that happened this morning is behind me...And I appreciate the fact that it is done...There are some things that didn't get done this morning...And I give myself permission to be easy with myself...They were even things that I avoided this morning...I give myself permission to be easy with myself...There are lots of things that I wish had gone better this morning...But the morning is over...I can't change what happened...But I get a chance to start again...I get a chance to refocus...I get a chance to resettle myself...I get a chance to be in this moment...My intention is to be grounded this afternoon...My intention is to stay in flow this afternoon...My intention is to do one task at a time...Being as present as I can to the task I'm doing...And doing the best job that I can...Knowing that I'm not



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going to be perfect this afternoon...Knowing I might not get everything done this afternoon...Knowing that unexpected things may happen this afternoon...I give myself permission to be in the moment...If I do that I will be successful...If I do that, my afternoon will be everything it needs to be...Even if that is imperfect...I give myself permission to be me and to be fully present this afternoon.