



You can find the audio that goes along with this tapping script at <http://TappingPodcast.com>

Pod #382: How Our Goals Can Impede Successful Tapping

I'm glad that I have goals...It gives me something to work towards...It gives me the ability to evaluate my progress...It gives me the ability to recognize how far I've come...It is really easy for me to get hung up on achieving the goal exactly...Of making the transformation process an all-or-nothing proposition...Because when I make transformation all-or-nothing, the only way I can recognize success is if I've achieved it all...The only way I can recognize success is if I've achieved everything...But in reality I don't have to have 100% success in order for my life to be better...I don't have to have 100% transformation in order for things to have improved...When I recognize transformation is a process I am able to recognize that I am in process...I'm able to recognize the value of my success in this moment...I give myself permission to be easy with myself in this process...I give myself permission to celebrate my success is along the way...I give myself permission to know that even achieving part of my goal makes a difference...Achieving part of my goal makes my life better...Achieving part of my goal makes me happier...Achieving part of my goal makes me healthier...Celebrating success along the way won't slow me down...It won't distract me...Instead it will motivate me...Because each bit of success I achieve makes it possible for me to move forward in a healthy way...It helps me to be motivated to take more action...It helps me to appreciate all that I've already achieved.