



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

### **Pod #410: Tapping To Be Happy With Where We Are And Striving For More At The Same Time**

I'm glad there are good things in my life...It is good for me to be appreciative...It is good for me to give thanks...When I give thanks I am more present in this moment...When I give thanks I'm able to experience everything more richly...When I give thanks I'm healthier...And at the same time I recognize that my life isn't perfect...At the same time I want some things to change...There's a part of me that believes that if I am striving for better, then I'm not appreciating what I already have...If I strive for better, it means that I'm being ungrateful...But this is simply not true...Because I can do both things...I can appreciate what I have and strive for more...I can be thankful in this moment and continue to improve my life...Wanting better is not dismissing what I have...Wanting better is recognizing that the past is a platform from which I can create better...Wanting better is growing those parts of my life I am already grateful for...They are not mutually exclusive...They are connected...Being appreciative helps me to grow...Being appreciative helps me to move forward...It is healthy and natural to feel both emotions at the exact same time...I give myself permission to be grateful and I give myself permission to strive for more...And as I achieve more, I will have even more opportunities to be grateful.