



Tapping

SOUL
WORK



Hi! I'm Tina. • • •

So nice to meet you!

My wish is that this soul work feeds you.

I hope it lights a spark in you that you've been ignoring for a little bit.

I want you to feel SEEN, to feel HEARD and to walk away with a knowing that you are capable of overcoming anything. You are not alone.

By doing this soul work you are telling yourself that you are worth putting time into and that you deserve to live a full and exciting life!

Tina Green



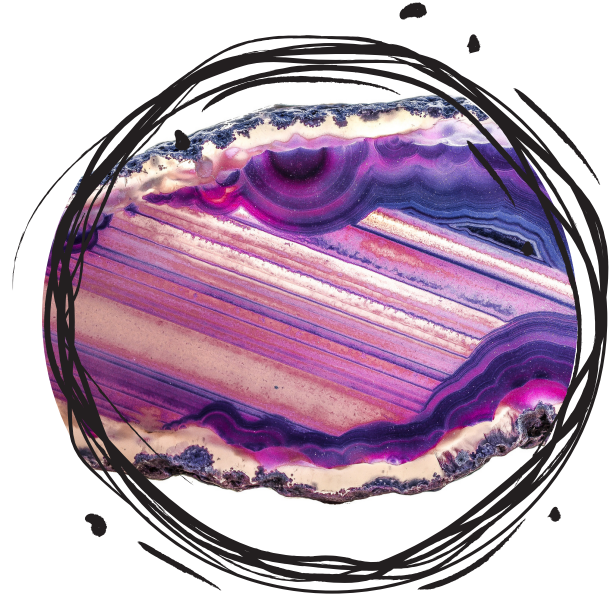
Topic:

Acceptance of yourself - the unedited version.



HEAL & EMPOWER SCRIPT

Tapping



Take 3 deep breaths.

Think the thought that is troubling you. Where do you feel it in your body? Notice how intense or subtle it is. Rate the intensity on a scale of 1 to 10. Let's begin.

Karate Chop Point (repeat the opening statement 3 times): Even though I struggle with allowing my TRUE self to be enough, I accept myself and how I feel.

Round #1

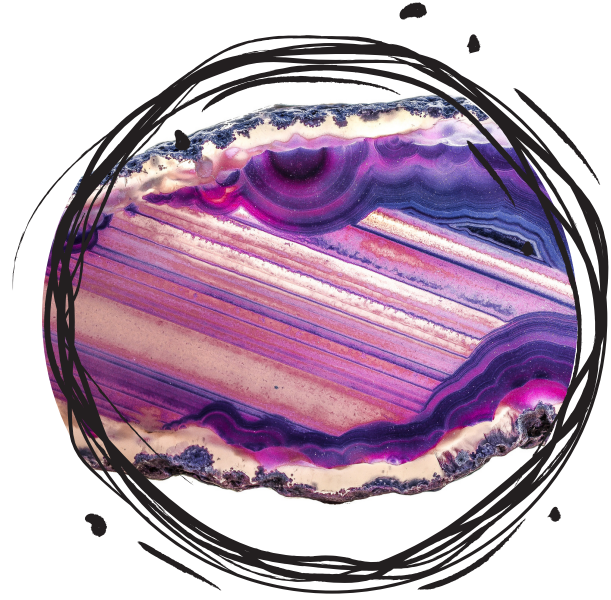
Eyebrow: My true self
Side of eye: It doesn't feel safe to be me
Under eye: Will people judge me?
Under nose: I don't like how vulnerable it feels.
Under mouth: I'm so hard on myself
Collarbone: I've been self critical for so long
Under Arm: Part of me listens to this voice
Top of Head: I acknowledge the pain this has caused me

#2

Eyebrow: I've been who people want me to be for so long
Side of eye: I'm not even sure I'm enough
Under eye: What if being true self leaves me alone?
Under nose: I just want everyone to be happy
Under mouth: But I deserve to be happy too
Collarbone: I begin to notice when I hear my critical voice
Under Arm: I notice how I feel
Top of Head: I honour my feelings

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Continued...

#3

Eyebrow: I allow my body to relax
Side of eye: I notice the opportunities to practice kindness and self-compassion
Under eye: I remember that I am safe
Under nose: I feel centred in my body
Under mouth: It feels so good to allow myself to be me
Collarbone: People feel my authenticity
Under Arm: I form deeper connections
Top of Head I have my own back

#4

Eyebrow: I am never alone
Side of eye: God/Universe/Source sees and supports me
Under eye: I focus on my gifts
Under nose: I have so much to share with this world
Under mouth: I know I am a good person
Collarbone: I am unique and that is so valuable
Under Arm: People trust me when I am myself
Top of Head I'm so proud of who I am.

#5

Eyebrow: I release the need to do life perfectly
Side of eye: It feels good be who I am
Under eye: I no longer need to push myself
Under nose: I love using my gifts
Under mouth: I'm making the most of this life
Collarbone: I love the abundance around me.
Under Arm: Now is MY time
Top of Head It feels so good to be me. I got this.

Helps to reconnect
with our authentic
self & restores
confidence.



Soul Work Dailies:

- Take 3 deep breaths
- Place a drop of recommended oil in palms, rub hands together and breathe in.
- Complete your tapping session.
- Repeat your new truths in the mirror and believe them.

New Truths

I am becoming the BEST version of myself.

I am allowed to express my true self.

My potential to succeed is infinite.

I am loved just as I am.

I hear my inner being and love myself
deeply. I've come a long way.



It's called *self* worth for a
reason - it comes from *you*.

“LET GO OF WHO YOU THINK
YOU ARE SUPPOSED TO BE;
EMBRACE WHO YOU ARE.”

-Brene Brown