



Forming a Tapping Habit: 21 Day Plan.

If you are new to EFT tapping*, or just like challenges, it is helpful to have a plan of action! The following plan will take you through three weeks of daily tapping, thereby setting a habit which can serve you for the rest of your life.

* Check out my short video ‘What is EFT Tapping?’
<https://www.youtube.com/watch?v=6cIrsiKpKDo>

Choose your focus.

If you are going through the 21 Days of Tapping video series you can use those subjects as starters and then add whatever else came up for you as you tap.

The possibilities are limitless.

*Remember to **rate your feelings** (emotional and/or physical) on a scale of 0-10 both before and after tapping so you can chart your progress.*

***Write down your observations.** These could range from how you are feeling, any changes or shifts you noticed as you tapped, other ‘stuff’ that came up as you went which can serve as inspiration for further tapping.*

*The ‘**tips**’ for each day are there to help and inspire you in forming your tapping practice.*

Disclaimer: Remember, EFT or tapping is not a substitute for your regular medical care, rather it is an enhancement. Neither Jenny Clift, nor Gary Craig, the founder of EFT, are qualified health care professionals and certain issues should be addressed by such professionals. You must take full responsibility for your own physical and emotional well-being at all times and you must agree to hold harmless anyone involved with EFT.

So, find a quiet place (at least while you are learning – afterwards you can tap whenever and wherever you want and need to) and start tapping!

Week 1

Day 1	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: Take full responsibility for your own well-being.</i>	<i>Observations:</i>

Day 2	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: If you know you have 'toxic' stuff to deal with, get help from a professional.</i>	<i>Observations:</i>

Day 3	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: It doesn't matter which side you tap on...you can even tap on both sides simultaneously!</i>	<i>Observations:</i>

Day 4	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: Don't worry about the words you use. You can repeat the same phrase or say whatever comes to mind.</i>	<i>Observations:</i>

Day 5	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: If 'I love and accept myself' is too hard to say, try 'I choose to be willing to love and accept myself anyway.'</i>	<i>Observations:</i>

Day 6	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: It doesn't matter how many times you tap on each point. No hard and fast rules here!</i>	<i>Observations:</i>

Day 7	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: Remember: EFT is like peeling the layers of an onion. More issues may come up.</i>	<i>Observations:</i>

Week 2

Day 8	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: If you are in a public place, and don't want to tap openly, try squeezing the ends of your fingers or massaging the points gently.</i>	<i>Observations:</i>

Day 9	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: Try tapping on the physical feelings that come up with different emotions. (E.g. knot in stomach.)</i>	<i>Observations:</i>

Day 10	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: Fear is at the bottom of most (if not all) of our issues. Try tapping on that.</i>	<i>Observations:</i>

Day 11.	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: If you feel like tapping for someone else, try clearing the feelings that you have about 'their' issues first.</i>	<i>Observations:</i>

Day 12.	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: Tap on any uncomfortable memories that come up as you deal with issues.</i>	<i>Observations:</i>

Day 13.	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: Remember that forgiving others is for your own well-being first and foremost. You deserve to be at peace.</i>	<i>Observations:</i>

Day 14.	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: Check out EFT videos on Youtube for inspiration and healing.</i>	<i>Observations:</i>

Week 3

Day 15.	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: Remember 'What you resist, persists.' By acknowledging and accepting your limitations and 'imperfections' you can begin to let them go.</i>	<i>Observations:</i>

Day 16.	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: EFT is great for letting go of past, present and future stuff.</i>	<i>Observations:</i>

Day 17.	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: Try loving yourself to self-improvement instead of beating yourself up.</i>	<i>Observations:</i>

Day 18	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: You don't even have to believe in this whacky energy stuff...just do it and see the benefits!</i>	<i>Observations:</i>

Day 19.	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: Be very kind to yourself. You are always doing the best you can in any given moment.</i>	<i>Observations:</i>

Day 20.	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: Use EFT to help yourself step back and see the bigger picture.</i>	<i>Observations:</i>

Day 21.	<i>Date:</i>
<i>Issue:</i>	<i>Set up phrase: Even though</i>
<i>Rating (Scale of 0-10)</i>	<i>Before: After:</i>
<i>Tip: Try it on anything!</i>	<i>Observations:</i>

I hope this plan will help you in your life. I'd really love to hear from you and hear *your* thoughts, comments and questions – *email me at jenny@jennyclift.com*

You can find out about Coaching with me by emailing me at jenny@jennyclift.com or schedule a free Clarity Session or Initial Consultation with me here: <https://jennycliftcoaching.acuityscheduling.com/>

See my article 'EFT - The Whats, Whens and Hows', for more information about tapping - what it is, who is using it and the benefits that can be had from this technique.
<http://jennyclift.com/eftthe-whats-whens-and-hows/>

For more articles, resources and information please return to my website www.abetterlifetapping.com

Here's to a better life tapping!

Jenny