FREE

The Music Inside

21 Day Plan
for Forming a **Tapping Habit**

Jenny Clift

Welcome!

Thank you SO much for downloading this resource. I really hope you find it useful. I have created it especially for your personal use, so please only print one copy. Please do not make photocopies of your copy and distribute them yourself.

If you feel inspired to, please share "The Music Inside" with your friends, so they can get their own copy and enjoy and benefit from these free resources as well. ☺ Here's the Amazon link that you can use: http://amzn.to/1PNFak8

(BTW, this is an affiliate link which means that if someone buys the book using this link I will be paid a tiny amount of extra money...without affecting the price for the purchaser. ☺)

If you have any comments or questions please don't hesitate to contact me at jenny@jennyclift.com .

For more articles, resources and information please visit my website www.jennyclift.com .

It's thrilling for me to think that real people are reading my book and benefitting from these resources and I'd love to hear from you.

Here's to the music inside all of us!!

Jenny

Forming a Tapping Habit: 21 Day Plan.

If you are new to tapping or EFT, as I was, 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.

Choose your focus. *This chart will help you to decide what* ***the 'issue'*** *you choose to tap on is. This could be around emotions, events (past, present and future!), relationships, your physical body or habits, cravings etc. The possibilities are limitless.*

In the 'Set up phrases for Tapping Rounds' PDF, within this same free resource bundle, you will see examples of starter sentences to use for your tapping round.

And in the 'Tapping Round Instructions', also enclosed, I explain how to go about tapping on your own.

If you want to see a demonstration tapping round go to:

www.jennyclift.com/freeEFTvideo

where I also give a little information about the history of EFT or 'Tapping' and share how helpful it has been for me.

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. I have found it helpful sometimes to write down the entire tapping round as I go (though that's going to need a separate piece of paper!)*

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!

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Week 1

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

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

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

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

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

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

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

Week 2

Day 8	*Date:*
Issue:	*Set up phrase: Even though*
Rating (Scale of 0-10)	*Before:* *After:*
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.*	*Observations:*

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

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

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

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

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

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

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Week 3

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

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

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

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

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

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

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

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