

Evening Tapping - Clearing

It is nice to do some tapping at the end of the day to clear your energy. You will be more relaxed and it will help you sleep better. Start by taking 3 deep breaths to get centered and grounded. Notice any stress or anxiety you may be feeling. Where is it in your body? Just allow it to be there without judgment. Lets start tapping

Karate Chop

Even though I have some tension built up from the day and I feel it in my body I deeply and completely accept myself.

Even though I have had a stressful day I choose to let go of all of my worries now and relax completely

Even though I didn't get everything done I wanted to today, that's ok I am just going to forgive myself for that and honor myself for what I did today.

EB: I feel some stress in my body from the day

SE: All this tension from the day

UE: So many things to think about

UN: I didn't get everything done

C: It hard to let it go

CB: I feel some tension in my body

UA: All these thoughts in my head

TH: There is still so much to do

EB: Letting go of all the tension in my body

SE: It is safe for me to let go of my worries

UE: Trusting the universe to take care of the details

UN: I honor myself for what I did accomplish today

C: It is safe for me to let go of my stress

CB: I give myself permission to relax, unwind and sleep

UA: I am grateful for this wonderful day and the good things I experienced

TH: I can relax now and trust that all is well

EB: I find peace in this moment

SE: Peace in my body and mind

UE: Peace in my heart and soul

UN: I choose to release any tension

C: I feel the stress leaving my body

CB: Letting the stress go from every cell in my body

UA: Letting it go

TH: Letting it all go..

DEEP BREATH

Evening Tapping - Affirmations

EB: I am so grateful for this day

SE: I have experienced my truth and creativity today

UE: I connected to love in my heart today

UN: I appreciate all the people I encountered today

C: It has been a good day

CB: I appreciate being alive

UA: I appreciate my body and all it does for me

TH: Thank you for this incredible day

EB: I am grateful for the love felt today

SE: I find peace in this moment

UE: I relax and let go

UN: I allow myself to get a good nights sleep

C: As I let go of the day, I am calm

CB: I rest peacefully tonight

UA: My body and mind relax completely

TH: Tomorrow I will wake up full of love and gratitude