

Tapping To Start Your Day on A High Vibration

Living in a high vibration is the most important work we do. Feeling good makes us healthier. It also uplifts everyone around us. Our energy makes a difference in the world. Each day we have an opportunity to start our day on a high vibration. Whether you wake up feeling good or cranky, this morning tapping will help you to start your day on a high vibration. **Tap through the points as you say these statements. If you don't feel like tapping, just say them.**

My body is rested and my mind is clear
I am glad to be alive in this brand new day
It's feels good to start my day with love and appreciation for the wonderful things in my life
I feel an ever-present loving energy within me and around me
supporting me every step of the way
I choose to tune into that energy now
Feeling good attunes me with that energy
It's good to feel good
It's good to feel good
Feeling good is my job
Feeling good makes me healthier
Feeling good allows the cells of my body work in harmony
I love the journey I am on
All day long I look for things to love
I love loving
I appreciate how much my body loves me
And everything it does for me all day long
I love my body and my body loves me
I honor myself and all of my feelings
I allow myself to feel what I feel
And be patient with myself
Even when frustrating things happen
I trust that things are always working out for me
I love myself through my challenges
I use my breath to connect to my inner guidance
I enjoy the journey each day no matter what shows up
Because The Universe is on my side
I allow myself to feel supported and guided
I am open to receiving the guidance
I am an amazing powerful attractor
I accept that good things come easily
My day unfolds with grace and ease
I put my attention on what is working
I feel satisfaction as I go through my day
Wonderful things flow into my life today
I am open to receiving
I am looking forward to having fun today