



**Free Resource for Week 4**  
**Money and Finances: My Income**

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**Today, let's talk about the word "Income."**

When we think of our income, it can trigger many emotions, reactions and even memories. And, according to money coach, Margaret Lynch, "It's the metaphor of what's happening in your life right now, your ability to survive and take care of yourself."\*\* She is the inspiration for today's FREE EFT Tapping resource.

Margaret asks, "Is there a voice in your head that says, 'It is not enough!?' What is the emotion that is being triggered right now?"

(\*\*Today's inspiration can be found in Episode 51 of the podcast, *Tapping Q and A* with Gene Monterastelli nad Margaret Lynch.)

So let's do some EFT Tapping for your income and the emotions or memories which come up for you.

*[Make sure you take responsibility for your actions. Thus, stop if needed. And, if you first need/want to seek the advice of your mental/medical health professional, do so. This is provided merely as information.]*

**"My Income"**

Say it, then, write down the number below, and write down what comes up for you. Where do you feel it in your body - if anywhere. Write down what's coming up for you below. Perhaps a memory has come up. And, make note of how strongly you feel about this on a scale of 0 (calmest) to 10 (most riled).

My income weekly/monthly is:

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**“My Income”** - *continued*

Now, form your own set-up statement, using the following sample as a starting guide:

*Even though I feel fear and that I’m not enough when I look at my weekly/monthly income [insert what you feel,] I deeply and completely love and accept myself.*

So just start tapping on the side of your hand as you say your set-up statement three times. Then use your chart below to do as many rounds as needed. Jot down whatever comes up for you on the backside of this worksheet. And take note of where you are on the 0 to 10 scale.

Here is a sample of what you can say for each tapping point (if you don’t want to make your own), after your set-up statement:

*I feel fear and that I’m not enough when I look at my weekly/monthly income*

- EYEBROW: \_\_\_\_\_
- SIDE OF EYE: \_\_\_\_\_
- UNDER EYE: \_\_\_\_\_
- UNDER NOSE: \_\_\_\_\_
- CHIN: \_\_\_\_\_
- COLLARBONE: \_\_\_\_\_
- UNDER ARM: \_\_\_\_\_
- TOP OF HEAD: \_\_\_\_\_

What, if anything, has come up for you? Has anything changed? What number would you say you feel about it now? Make sure to write down these things. Then, using the chart on the next page, tap again.

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