



Free Resource for Week 5 – Taking Action and Conquering Procrastination Using EFT to Find Clarity to Make Decisions

Have you ever had a period of time when your sense of drive about life, business and work suddenly seemed to be missing? We all go through it from time to time. Some may know it as writer’s block, while others experience it as procrastination. Join the club if you are feeling more stuck than normal due to COVID19 uncertainty.

Tapping can be an incredible tool to help gain clarity, new ideas and make great decisions. Watch the video to tap along with Betsy Muller at <https://youtu.be/ICLZEK-J6JY>

[You are urged to take responsibility for your actions and choices. This may include seeking the advice of a mental/medical health professional. This is intended as a helpful resource.]

Take some time to jot down your feelings about the current situation. What is this stuck-ness about? Is there an emotion? What are you not doing or feel you should be doing? Is there a deadline or a decision you need to address? How does your body feel as you consider what’s difficult? Is there any fear involved? Make sure to note the intensity of the current situation or feeling on a scale of 0-10.

Develop an appropriate set-up statement to reflect what you have noticed.

Even though I am feeling _____ and _____, I deeply and completely accept myself.

A general set-up you could use for this kind of feeling is:

“Even though I feel tired and stuck today,
I choose to enjoy this time as a pause for clarity and re-direction.
I love and accept myself.”

Jot down a few words or simple reminder phrases seem most appropriate to capture the discomfort of your current state?

Take time now to tap using the setup and reminder phrases you have developed. Address your current problem. Be careful NOT to use positive affirmations when you are feeling stuck.

Here are some example statements you might consider:

I'm not getting much done (top of head)
I am overwhelmed by all I have to do (eyebrow)
I feel guilty for putting things off (side of eye)
I'm been stuck way too long (under eye)
I'm buried and it's a poor excuse (under nose)
I am immobilized with doubt and stress (under lip)
I am a chronic procrastinator (collarbone)
Everyone else seems to get more done than I can (underarm)

Once you are feeling calm take a moment to close your eyes and put your hand on your heart. Ask your highest wisdom to show you what YES feels like. Pay attention to the feeling. You might also want to also ask your body what a NO feels like as well.

Tip: Write the word YES and NO on small pieces of paper and hold them to your heart. Can you detect a difference?

Begin using your heart's wisdom to guide decisions and action. Always ask yes or no questions as you check on a particular decision. You can also write down various options on pieces of paper to hold up to your heart.

Remember, the very best decisions happen when you are calm. Tapping has the capacity to rapidly calm your body's nervous system to deliver the clarity you can trust. Decisions lead to action. Enjoy your new resource for productivity.