



Free Resource for Week 5

Taking Action and Procrastination: *Or Not* (Procrastination Revised)

Today, let's talk about "What If I Should Do Nothing?"

brought to you by Practitioner Jondi Whitis

There are times when we feel we need to take action (or that is what we've labeled "that feeling"), and yet we're feeling unsure about what action specifically to take.

EFT Tapping is great for that! Call it "finding clarity" ... or "discernment."

Let's Tap together on that, right now:

"Even though I have that feeling again...that feeling I should DO something... I acknowledge the feeling...and the uncertainty, too!"

Tap with a Set-Up phrase or statement at least long enough to feel satisfied that you have accurately targeted the feeling, dilemma or situation.

Write your Tapping Statement results here:

Next, ask specifically for guidance from your Higher Self:

"What action do I actually need to take, if any? What is mine to do?"

Try Tapping with:

"Even though I feel the need to take action....do I really need to take action, or am I just feeling the worry around the uncertainty of this situation?"

Write your answers here:



“What If I Should Do Nothing?” - continued

Now that you are clearer on your situation, Tap with that clarity in a new Set-Up Statement:

“I’m clearer on the situation now, and I believe I need to ____ [right action revealed to you] ____; what else, if anything, do I need to know about this?”

Write your answers here:

Are you seeing and feeling any relief? Are you noticing that your threshold for uncertainty is growing, when you Tap before taking decisive action?



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Online Classes starting 8/31, and 9/18