



Free Resource for Week 2
Relationships: Personal, Family and Business

Today, let's talk about Business: Changing Direction with Partners or Employees.

In business, at some point we start to question what we're doing and whether we want to pivot or change direction – either with our bosses, our partners or employees. And, it's not always easy to speak up or even recognize that something is just, well, different for us.

So let's do some EFT Tapping on the desire to change direction or pivot in business – and speaking up about it.

[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.]

Changing Direction with Partners or Employees.

When you say the words or think about the idea of changing direction – and speaking up about it, sharing your need for something else, who or what comes up for you? Write down what's coming up for you below. And, make note of how strongly you feel about this on a scale of 0 (calmest) to 10 (most riled). Also, note where you feel it in your body as you think of things. (You can always tap solely on the sensation you feel in your body, too.)

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

Even though I feel _____ [insert emotion/feeling] about _____ [what is is you're wanting to change direction and speak up about?], that's just where I'm at/I'm okay/I deeply and completely love and accept myself.

So just start tapping. Do one round. 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 the sample set-up statement again:

Even though I feel _____ [insert emotion/feeling] about _____ [what is it you're wanting to change direction and speak up about?], that's just where I'm at/I'm okay/I deeply and completely love and accept myself.

Notes:

After completing these rounds of EFT Tapping for the theme of **Changing Direction with Partners or Employees**, take a break! But, do take note of how you're feeling and where to continue when you're ready.

Happy Tapping!

- The ITM Team