



Free Resource for Week 4 Business, Money, Finances

Outsourcing!

Today we're going to use EFT Tapping for the idea of outsourcing, hiring someone in-person or virtually, basically *anything*. Even if you don't have a business, you might need a house manager or even someone to help clean up once in a while. But perhaps something is holding you back from getting help so that you can focus on your zone of genius. So, let's start Tapping!

[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.]

We have prepared a sample set-up statement for you to use, and we hope it is helpful to you or someone you know. Repeat it three times while Tapping on the side of either hand. And then go on to the other points.

“Even though I can't possibly hire someone to help me out because _____ -- and, that's just where I'm at with it/I deeply and completely love and accept myself.”

EFT Tapping Points	Sample Phrases	Your Phrases
Eyebrow (EB):	I can't hire anyone, I can't do that!	_____
Side of the Eye (SE):	Only rich people do that!	_____
Under the Eye (UE):	I can't have someone in my home	_____
Under the Nose (UN):	I can't possibly train someone	_____
Chin (CH):	It's easier if I just do it	_____
Collarbone (CB):	It overwhelming to think about	_____
Under the Arm (UA):	I do need help, but I can't hire now	_____
Top of the Head (TH):	Outsourcing is out of my reach	_____

After Tapping for one round, jot down whatever comes up for you on the next page. And take note of where you are on the 0 to 10 scale. Tap for as long as desired, noting what comes up for you. Use these notes to continue on your own.

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Write down what is coming up for you, and/or what/where you feel it in your body. Use it for your next Tapping round.

For another EFT Tapping round: What's your set-up statement? Is it the same or different?

(Before you start Tapping, you may want to drink some water. That's because the more hydrated you are, the more effective EFT Tapping will be. Other signs of a release, clearing, or shift, include but are not limited to thirst, burping, passing gas, and sleepiness.)

EFT Tapping Points

Your Phrases

Eyebrow (EB):

Side of the Eye (SE):

Under the Eye (UE):

Under the Nose (UN):

Chin (CH):

Collarbone (CB):

Under the Arm (UA):

Top of the Head (TH):

Happy Tapping for Week 3: Unexpected Life Interruptions!
- The ITM Team