



Free Resource for Week 5: Day 30
Procrastination, Failure, and Success

Getting Out of Your Comfort Zone into a Growth Zone
from Practitioner Ann Diment



With just one more day left in International EFT Tapping Month, you get a BONUS guide: *EFT Tapping for Getting Out of Your Comfort Zone*, provided by practitioner Ann Diment.

How do you go from being in your "Comfort Zone" into a "Growth Zone"? Yes, you guessed it: Use EFT 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.]

On the next page, we've prepared, sample set-up statement for you to use based on Ann's diagram above, 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’m scared to get out of my comfort zone and try something new because it may mean making mistakes and dealing with challenges and problems — that’s just where I’m at with it/I deeply and completely love and accept myself.”

<u>EFT Tapping Points</u>	<u>Sample Phrases</u>	<u>Your Phrases</u>
Eyebrow (EB):	Getting out of my comfort zone	_____
Side of the Eye (SE):	I’m scared, it’s not easy to get out of it	_____
Under the Eye (UE):	Facing challenges and new problems	_____
Under the Nose (UN):	I’m afraid to make some mistakes	_____
Chin (CH):	I might make excuses, it’s scary	_____
Collarbone (CB):	Getting out of my comfort zone	_____
Under the Arm (UA):	I don’t think I have enough confidence	_____
Top of the Head (TH):	How can I get into my Growth Zone?	_____

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.

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):	_____

As an added bonus, as mentioned before, below is Ann Diment’s simple charting method, *My Personal Peace Procedure*. Try it and let us know how it works for you.

Part I:

Issue	How It Affects Me	Rating 1 to 10

Part II:

Issue	How Can I Release, Reduce, or Reframe this?	Who Can Help?

*Happy Tapping for Week 5:
Procrastination, Failures,
and Success*

— from the ITM Team +
Ann Diment



To reach Ann Diment, you can email her: creativeeftleader@gmail.com or visit her here: <https://www.facebook.com/CreativeLeaderEFT/>