



ITM Free Resource for Day 10, August 10th, 2022

Today's Topic: *Feeling Unmotivated*

Is the weather in your area helping you to feel lackluster? Maybe it's not the weather but some sort of inertia. We've all been there, and perhaps you're there now: You have a To-Do list, and you know you have to get certain things done. But. You're. Just. Not. Motivated.

Well, let's do some EFT Tapping for that today. As always, have some water handy as well as note-taking items.

[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.]

"I have things to get done, but I'm just not feeling motivated right now."

When you say this out loud, what comes up for you? Be as specific as possible. Or perhaps you feel something in your body, perhaps your chest. Make note of these things.

Write down what's coming up for you below. And, make note of how strongly you feel about everything on a scale of 0 (calmest) to 10 (most riled).

Then, form your own set-up statement, using the following sample and Tapping points round as a starting guide. Begin Tapping on the Side of Hand and say:

"Even though I have things to get done, and even deadlines to meet, I don't feel motivated right now and that's just where I'm at." (Or, "I deeply and completely love and accept myself".)

Side of hand:	See above, state three times	Chin:	I don't feel motivated
Eyebrow:	<i>I don't feel motivated</i>	Collarbone:	I feel SOO unmotivated
Side of eye:	<i>I feel SOO unmotivated</i>	Under arm:	I know it's bad to wait on things
Under eye:	<i>The motivation is not here today</i>	Top of head:	I just feel so unmotivated
Under nose:	I have things to do, not feeling it		

So just start tapping. Do as many rounds as needed. (Know that the feeling may intensify; this is normal and is a great sign that things are shifting for you. Just continue tapping when you can.)



Jot down whatever comes up for you below. Take note of where you are on the 0 to 10 scale, with zero being calm and relaxed and 10 feeling really charged up about things.

Another set-up statement sample for your convenience for today's topic: **Feeling Unmotivated**

Even though I don't want to do anything, and I have tons of stuff to do, I am not motivated to do anything, and that's just where I'm at. (Or, "I deeply and completely love and accept myself.")

Notes:

After completing these rounds of EFT Tapping for the theme of **Feeling Unmotivated**, take a break! But, do take note of how you're feeling and where to continue in your next round.

Happy Tapping!
- The ITM Team