



ITM Free Resource for Day 17, August 17th, 2022

Today's Topic: *I Need to Look for a Job!*

Have you determined that you need to look for a job? Only, perhaps you're unsure of what to apply for? Or, are you nervous about finding a position?

You're not alone, and EFT Tapping can help! Let's begin, shall we?

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 need to look for a job. I don't even know where to begin."

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 need to look for a job and I don't even know where to begin, 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>And I need a job...I'm nervous...</i>
Eyebrow:	<i>I need to look for a job</i>	Collarbone:	<i>I need to look for a job</i>
Side of eye:	<i>I don't know what I want to do</i>	Under arm:	<i>I don't know where to begin</i>
Under eye:	<i>But I know I need a job</i>	Top of head:	<i>I need to look for a job NOW</i>
Under nose:	<i>I've got to earn money now</i>		

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: ***I Need to Look for a Job!***

“Even though I need to get a job, and I feel overwhelmed because I have to update my résumé, 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 ***I Need to Look for a Job!***, 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