



ITM Free Resource for Day 1, August 1st, 2022
Accepting Where You're At *Right Now*

Today, let's talk about "Being Okay With Where You're At"

Feeling behind or that you should be "further" along today— or in life?

Were you supposed to be further along today than you think you should be? Feeling behind and that you'll never catch up?

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'm so behind. I should be done with things already."

When you say it and think of being where you think you *should* be, 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 as a starting guide:

***Even though I'm so behind with everything, and it makes me feel _____
[describe it], that's just where I'm at. (Or, "I deeply and completely love and accept myself".)***

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 on the next page. And take note of where you are on the 0 to 10 scale.

Another set-up statement sample for your convenience for today's topic: **Accepting Where You're At Right Now.**

Even though I'm supposed to be done with things and much further along, and it makes me feel _____ [describe it], 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 **Accepting Where You're At Right Now**, 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