



## ITM Free Resource for Day 1, August 21st, 2023

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### Today's Topic: *I Hate That I'm Procrastinating!*

Have you gotten started on that thing? That thing you feel you should have finished by now? Have you done any number of things *but* the very thing you know you want and need to wrap up? Well, you're not alone. There are millions of people procrastinating alongside you right now.

So, let's Tap on that! As always, wash your hands and have some water handy. Let's begin, shall we?

*[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 procrastinating right now, and I hate that I'm not getting anything done."**

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).

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

***"Even though I'm procrastinating right now, and I hate that I'm not getting anything done, and I feel a little \_\_\_\_\_ about it, that's just where I'm at." (Or, "I deeply and completely love and accept myself".)***

<b>Side of hand:</b>	See above, state three times	<b>Chin:</b>	<i>I hate this!</i>
<b>Eyebrow:</b>	<i>I'm procrastinating right now</i>	<b>Collarbone:</b>	<i>How can I still not have this done</i>
<b>Side of eye:</b>	<i>I know I should get it done</i>	<b>Under arm:</b>	<i>I'm procrastinating and I feel _____</i>
<b>Under eye:</b>	<i>I feel really bad about it but...</i>	<b>Top of head:</b>	<i>I don't want to procrastinate but _____</i>
<b>Under nose:</b>	<i>I can't seem to get into it</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.)

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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.

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Another set-up statement sample for your convenience for today's topic: ***I Hate That I'm Procrastinating!***

***"Even though I don't know why I'm procrastinating but I am, and I feel \_\_\_\_\_ about it, that's just where I'm at." (Or, "I deeply and completely love and accept myself.")***

Notes:

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

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*Happy Tapping!*

- The ITM Team