



ITM Free BONUS Resource for Day 21: August 21, 2023

Change Your Mindset with EFT Worksheet

From [Practitioner Alice Bradshaw](#)

Having a “positive mindset” has become a bit of a buzz phrase, but what does it actually mean and how can you cultivate it?

Mindset is a set of beliefs that affect how you think, feel and behave.

Therefore, if we want to change something about our behaviour, habits, or patterns of thoughts and feelings, we need to look at our belief system.

EFT is a great tool to identify which beliefs are affecting our behaviour and also to change any beliefs that are no longer useful or helpful for us. That makes it easy to change our habits and behaviour and create the life we want for ourselves.

In this worksheet I break down the process so that you can begin to change your mindset. Each of these questions can provide you with information and different avenues to go down with your EFT tapping.

1. What behaviour, habit or mindset do you want to change?

For example:

I want to be a better public speaker. (Behaviour)

I want to eat less chocolate. (Habit)

I want to enjoy marketing my business. (Mindset)

2. What are some of the beliefs you have about this?

For example:

People don't feel engaged when I speak.

I always stumble over my words in front of a crowd.

Eating healthily is boring.

I deserve a treat, so I don't want to deprive myself.

I hate marketing and people who do that for a living. I don't want to have to do that.

There's so much competition – it's hopeless.



From [Practitioner Alice Bradshaw](#), continued—

3. And I believe that because.....?

Here we are looking for any deeper layers of beliefs that may be hiding under the ones you are aware of.

For example:

People actually think I don't know what I'm talking about. Who am I to be standing there speaking to them?

I have proof from the many times I've messed up my words in the past.

I like chocolate and I'm going to eat it, and no-one can stop me!

People who do marketing are deceitful, pushy and unpleasant.

Why would anyone listen to me or buy from me? I'm not good enough at this.

4. And that makes me feel....?

For example:

Annoyed

Guilty

Disgusted

Bored

Overwhelmed



From [Practitioner Alice Bradshaw](#), continued—

5. When did you learn that? / Who's saying that?

Find memories of specific events that you can apply EFT to. Tap through all the details you can remember using classic EFT such as the Movie Technique.

Remember to seek help from a qualified practitioner or other health professional if you come across large or serious trauma.

For example:

The whole class laughed when I did my presentation age 11.

Mum took my chocolate away because I ate all my sister's.

Dad always complained about TV ads and door-to-door salesmen.

Mum punished me age 5 by sending me to my room – it felt like she didn't love me anymore. So I'd better keep quiet and not say what I think as it only gets you into trouble.

6. How do you want to think and feel? And, how much do you believe it?

After thoroughly clearing and balancing past events and beliefs that are no longer helpful to you, you may find that your mindset, habits and behaviour change.

Just to make sure, try testing out how you would like to think and feel. Write down some positive affirmations as if they are already true and see how much you believe them right now, as a percentage.

Use EFT to clear the remaining obstacles to you embodying these affirmations.

Here are some example affirmations:

I feel calm and confident when speaking in public.

My words flow easily and people like to listen to me speaking.

My body deserves to be healthy.

I enjoy healthy foods and exercising.

It is easy to release unhealthy habits.

I enjoy marketing my business.

I enjoy it because I'm good at it. I am getting good at it because I enjoy it.
