

**Tap Into**  
***Finding Your***  
***Passionate Work!***

**EFT Tap-A-Long Script Books**  
*Making EFT Even Easier!*

By

**Leanna Fredrich and Mary Ayers PhD**

**Tap Into**  
**Finding Your Passionate Work!**  
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## *EFT Tap-A-Long Scripts*

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- Issue: I don't feel passionate about anything.
- Issue: I'm too old to change careers.
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- Issue: What if I find out I don't have any passions?
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# WELCOME!

I am a Life Coach who specializes in helping people find their passion and build a career or business around it. Some of my client's come completely and utterly burned out. They wouldn't know what they were passionate about even if their passion was served to them on a silver platter! They have lost touch with their feelings, except perhaps, the feeling of exhaustion. Other client's come with an idea of what their passions may be but they are not sure how to create a career using them. Some of them have too many passions. They spend all of their time jumping from one passion to another and are not clear how to combine these passions into work that they love. A third type of client knows what their passionate work is, but they have not taken action towards creating the career/business they dream of. They keep talking about following their passion, and how much they want to create work they love, but year after year, they do nothing. What I have discovered about each of these client's is that **the biggest obstacle to their success is their 'beliefs'**. It is their limiting Beliefs that keep them stuck and unfocused. When they work on changing their "limiting beliefs" to "supporting beliefs", then, and only then, are they free to move forward towards creating their dreams.

**EFT** is a fabulous way to take the energy (the juice) right out of your limiting beliefs and install new supporting beliefs. In this book I have covered the most common limiting beliefs which stop people from creating work they are passionate about. These are the beliefs I have seen come up repeatedly.

As you tap through the script on each of the issues you will be removing the beliefs that are stopping you and tapping in the beliefs which will help you move forward. It is such a simple, yet powerful way to change your subconscious thinking so that your subconscious mind, the most powerful part of your brain, will support you in taking action.

## *What is Passionate Work?*

This is a question that I often ask during my "How to Discover Your Passionate Work" seminars and usually the response I receive is a blank look. If you don't know what passionate work looks like then how will you know when you have it?

What is passionate work? Here are some of the answers I have received...

"Passionate work is work you would do even if you didn't get a paycheck".

"Passionate work is work that is meaningful, and where you can make a difference:.

"Passionate work consists of activities where time flies by".

"Passionate work gives you energy instead of draining you".

"Passionate work gets you up early and keeps you up late because you are excited about what you do".

"Passionate work is interesting and motivating".

What is it for you? How will you know when you have found your passionate work?

In this book I will take you through the three steps of creating your passionate work. The first step involves clearing the way for you to discover your passions. Through tapping you will remove mental blocks so you will reawaken to your desires and inner direction. The second step is designed to open the way for you to freely explore and be aware of all the wonderful options out there waiting. The third step is to clear away limiting beliefs so that you are free to take action and create the career/business you are passionate about. Three simple steps which will make finding and creating your passionate work an exciting and joyful journey.

## *The Anatomy Of An Emotional Hijacking*

It could be anything:

- Having to speak in front of a group.
- Finding out someone you care about doesn't feel the same way.
- Being embarrassed in front of your peers.
- Not getting something you desperately wanted.
- Hearing the words:
  - “You're only thinking of yourself.”
  - “There isn't enough to go around.”
  - “Who do you think you are?”
  - “You should be satisfied with what you have.”
  - “You can't always have what you want.”
  - “You don't deserve it.”
- The tone of voice when someone said those words.
- The look they had on their face when those words were said.

All of these experiences are stored in the intricate filing system of our mind and in our body through our nervous system. Those particular events stayed with us because at the time we had a physical reaction to them and we then coupled those feelings with a meaning or explanation about what that meant about us and about the world. We filed them away and continued to add to them when something similar causes those same feelings. Over time that file got bigger until it became a feeling of certainty, of conviction – it became a belief.

Our beliefs – those strong feelings of conviction are held in our body as bundles of neurons that fire together sending out electrical impulses that connect feelings with thoughts. It happens so fast we can hardly tell what happens first – the thought that simulates the feeling or the feeling that links to the memory. We do know this – **Our experience of it is one of being emotionally hijacked.**

### ***How the Past becomes the Present***

I'm sure it's happened to you – she gives you that look, he says it with that certain tone of voice, or maybe it was a casual remark and you *felt it*. You *felt it* in every part of your body and you're in a full blown reaction to *it*.

That *it* may be fear, rejection, humiliation, anger, guilt, shame, embarrassment, a threat or a danger. The reaction may be to defend, attack, freeze or experience a deep desire to disappear.

Cognitively – intellectually we know that this isn't the same scenario as before. but our bodies react the same way it did when we first had the experience. It's memorized how to feel when that situation presents itself again. The past has become our present and most likely it has happened without our permission!

The problem is hugely obvious to me – these old feeling are getting in the way of taking new actions in our lives. These old memories “zaps” are keeping you in a comfort zone that has turned into a prison, and it is keeping you from living the life you desire. Like a dog wearing one of those electrical collars there is an invisible fence that defines where we can go and how far we will let ourselves go. When we get too close to the boundary we get a little ‘zap’ telling us it's not safe to go any further.

## *Expanding Your Comfort Zone From the Inside-Out*

What's on the outside of your comfort zone?

- › A career you're passionate about?
- › A new home?
- › Attracting your passionate relationship?
- › Your goal weight?
- › Financial freedom?

What freedom would you feel if you could expand your comfort zone metaphorically by 10 ft, or 100 ft, or maybe 500 ft?

Imagine if you had more room to expand; more area of ease and joy; more options to explore and new sources of opportunity.

Imagine the possibilities that are available to you when you've expanded your comfort zone – Where might you go? What might you try?

Imagine the freedom to go there, or do things, and find out that it is easy!

We will have comfort zones but how big they are is up to you!

### *Freedom at your fingertips*

So now what? You get that you have this 'zap' that keeps hijacking you and keeps you held within the boundaries of your comfort zone. You get that it's a mind-body connection so it makes sense that we've got to find a way to clear it on the physical level as well as the intellectual level. The way to greater freedom is to expand your comfort zone from the inside-out.

Much like that invisible fence that has an electrical current running through it we also have an electrical current running through us and when we get too close to the border we get that little 'zap' that tells us to back down. If we wanted to cut the current of electricity to the fence we could go directly to the fuse box and flip the switch which would stop the flow of electricity to that wire. What if we could find this 'fuse box' in our body and learn how to stop the flow of electricity that gets activated by an old memory? What if we could go directly to the body's fuse box and neutralize the 'zaps' that stops us from moving forward towards our dreams and be free to expand our experiences in the world?

Well now you can! Thankfully the Chinese mapped out the body's energy system over four thousand years ago. This map was divided into twelve meridians (plus the governing and conception vessel making fourteen in all) that run through the body. Each meridian has dozens of 'points' on it where the system can be accessed. Some of these 'points' run deep into the body while other points come close to the surface. These 'points' are like little fuse boxes where we can access the current and gain access to greater freedom.

### ***That's where EFT comes in!***

Emotional Freedom Techniques is a meridian-based energy therapy developed by Gary Craig. **EFT** is a form of psychological acupressure that uses a gentle tapping technique to stimulate traditional Chinese acupuncture points. By tapping on these selected meridian points we get access to our body's fuse boxes where we can neutralize those electrical memories which have gotten stuck in the body.

### ***What happens when we tap?***

By tapping on specific points on the body we send a small electrical current along these meridian lines clearing them of the old 'zaps' that have gotten stuck in our body system.

Here's a very simple explanation for what happens – memory creates a 'zap' thus creating an open electrical current that is 'active' or 'live' in the body at that moment. We tap on specific points on the body while focusing on the active or live thought/feeling which then sends an electrical response through the body's energy system and the thought/feeling gets neutralized. I think of it as a math equation:

$$-1 \text{ (old memory zap)} + 1 \text{ (tapping)} = 0$$

A negative plus a positive cancel each other out.

#### The Discovery Statement

“The cause of all negative emotions is a disruption in the body's energy system

# The Basic EFT Recipe

*For more information about EFT go to [www.emofree.com](http://www.emofree.com)*

A modified version of the basic EFT “recipe” consists of the following ingredients:

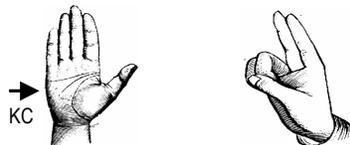
1. **THE SETUP STATEMENT:** Naming the problem combined with a general affirmation phrase.
2. **The “Letting Go” TAPPING SEQUENCE (Round #1):** This consists of tapping the sequence of **8 EFT** body points while you **focus on the problem** or negative feeling/though while repeating the **Reminder Phrase** out loud. (The reminder phrase is a word or statement that keeps you **tuned in** to the problem.)
3. **The “My New Truth Is” TAPPING SEQUENCE (Round #2):** The second round taps the **8 EFT** body points while repeating statements that reflect your “new truth” or new beliefs that you want to anchor into your mind.
4. **Take a deep breath.**

## THE SETUP STATEMENT:

THE SETUP Statement sounds like this:

*“Even though I feel/have...(problem or thought) , I deeply and completely accept myself anyway.”*

The **SETUP STATEMENT** is repeated out loud while you tap with two fingers the **karate chop point (KC)** of the opposite hand.

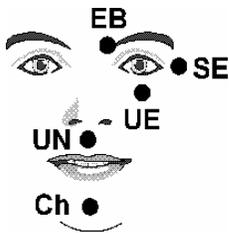


## THE REMINDER PHRASE

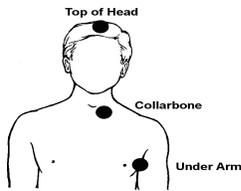
“*This...(thought or feeling)*”

The **REMINDER PHRASE** is repeated while tapping the **8 body points**. This directs your mind to focus on the negative thought patterns that block your ability to reach your goals and **allows EFT to neutralize them**.

### The 8 Body Points:



Eyebrow – on the bone where the hair from the eyebrow begins  
Side eye - on the bone at the orbit on the outside of the eye  
Under eye – below the pupil of the eye, on the high cheek bone  
Under nose – right below the nose and above the top lip  
Chin – it’s above the chin, in the crease below the bottom lip



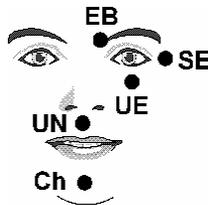
Collarbone – 1 inch from the notch in the throat and 1 inch on either side. You can also make a fist or use an open hand and tap where a man’s necktie would be.  
Under arm – 4 inches below the arm pit, in-line with the nipple or where a bra strap would be  
Top of head – drum the fingers around the top of the head

# Sample EFT Sequence

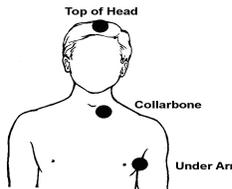
**Set-Up Statement is repeated 3 times while tapping on the karate point**

*“Even though I have this block to finding a career I’m passionate about  
I deeply and completely accept myself anyway”*

**Tap the 8 body points while saying the “letting go” statements:**

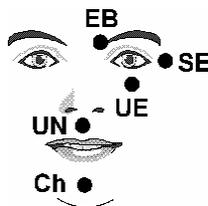


EB: This block  
 SE: This block to finding my career  
 UE: This block  
 UN: This block from knowing what I want  
 CH: This block

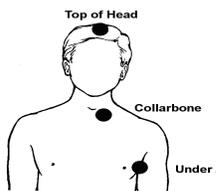


CB: This block  
 UA: This block to clarity  
 HD: This block

**Then another round for the “My New Truth Is” Statements beginning at the eyebrow**



EB: I love being clear about this  
 SE: It feels so good to be past this block  
 UE: I’ve decided to release this block  
 UN: I choose to let it be easy  
 CH: I’m willing to enjoy the process



CB: I feel so good now that I’m past this  
 UA: I love feeling free  
 HD: I love feeling free and easy about this

**Take a deep breath.**

## Disclaimer

**EFT (Emotional Freedom Techniques)** is a member of a new class of treatment techniques and protocols referred to as **Energy Therapy**. While EFT has produced remarkable clinical results, it has only been used in its current form since 1992, and is considered in the experimental stage. There are many theories as to how and why it works, why they sometimes it don't work, there is no accepted scientific explanation as of yet. As a result of it's experimental nature, no **EFT practitioner** knows with certainty in advance how someone can be helped or if the technique will help a particular person with a particular problem.

EFT and other Energy Therapy Techniques have yielded exceptional results in the treatment of psychological and physical problems. However, they are not meant to replace appropriate medical treatment or mental health counseling.

***If you use these techniques on yourself or others, you must agree to take full responsibility for your own well-being and you are required to advise your clients to do the same.***

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# You've Got The Answers At Your Fingertips!

## *Ready!*

You're ready to find a career you can find passion and purpose in.

## *Set!*

You now know that you've got to clear and release those old beliefs, fears, and hesitations that get in the way of you knowing and finding what you've been called to be, do, and have. The "How" to do that will be by using Energy Psychology, in the form of EFT.

## *Go!*

Take action! It's easy to get caught up in thinking you need to have more information before taking action so we've included the most common questions with answers about EFT that we've gotten from our clients over the years.

## **Why do I have to focus on the negative?**

This is one of the most frequently asked questions about the EFT set-up statement. It's confusing to many why we would want to dwell on the negative feelings – after all, those of you who are familiar with the Law of Attraction have been instructed to focus on the feelings you *do* want and to stay away from the feelings you *don't* want. As if it was that easy! The reality is you are experiencing these undesirable thoughts and feelings and it is those feelings and thoughts that are mucking up the attraction of your desires. Think about it! Are you having to "make up" the thoughts and feelings you're tapping on? Of course not – they already exist and it's not going to serve you to ignore them. Even if you could monitor your thoughts with the intention of catching every undesirable thought, it's been speculated that only 5% of our thoughts are at the conscious level which means 95% of our thoughts are at the unconscious level. What's really striking about those numbers is that 80% of our thoughts are the same thoughts we had yesterday! Catching your thoughts would be a full time job!

So what can we do instead? Well that's where EFT comes in. We focus on how we feel! Our feelings are a much better indicator of when we're giving our attention to something which is activating something in our body that is keeping us in our comfort zone **at that time**. We tune into those less-than-desirable feelings or those little 'zaps' that are happening as you go near the boundary of your comfort zone because that is when the circuit is 'live' and that is when you have your greatest opportunity to neutralize it.

Also you might consider this – when you’re having those less-than-desirable thoughts and feelings and you’re not tapping you are actually strengthening those neuron bundles in your mind and body to continue to fire together!

**IMPORTANT:** While EFT can be used by most people it is important to remember that it is very powerful. If you experience a strong reaction during the tapping it is important to **KEEP TAPPING**. It will subside and you will get through it but you must **KEEP TAPPING**.

### **How often should I tap?**

It is highly recommended that you tap at least once every day and more when needed. Having a daily practice will make tapping a habit. The up-side of that is you’ll be wiring your brain to handle stress and anxiety in a new and constructive way by tapping instead of stewing in your thoughts.

Face it – everyone has cycles where we feel we’re more emotional or easily triggered by the events in our lives. Expect that there might be certain times in your life when you’ll be doing more tapping – be thankful you have found something to get you through those times differently than you’ve ever done before!

### **How long do I tap?**

One tapping set-up will only take you a couple of minutes to do. Since it doesn’t take much time you’ll probably want to choose a couple of set-up phases from the book to do at one sitting.

You’ll be tapping at each point approximately 7 or so times. Don’t worry about trying to count how many times you’ve tapped – just keep saying the reminder phase while you’re tapping and you’ll have tapped as many times as you need.

### **How hard should I tap?**

You will want to tap with intention – not so hard you’re beating yourself up and not so soft that you’re barely touching the skin. It’s much like if you were drumming your finger on a table.

### **When is the best time of day to tap?**

The “best” time is when you find yourself *feeling* bad, low, anxious, discouraged, angry, frustrated, ect. The wonderful thing about the tapping is that you don’t have to live with the feelings that drag you down and sap your energy.

### **How will I know which topic is right for me?**

The benefits of using the scripts are that you'll be focusing on issues all around the topic you're working on. Initially go through each of the tapping sequences. Be careful about skipping because "That's not my issue". The mind is very self protective and will keep the truth of what is blocking you hidden so you will stay "safe." It is best to go through all of the tapping sequences at least once then go back to focus on those areas you feel address your fears.

Also feel free to add your own phrases when they come to you. You don't have to stick exactly to the script.

For an added bonus refer to the positive sequences throughout your day as energy boosters!

### **Can you tap too much?**

Let's face it, some days we feel more fragile than others – it's like our triggers are closer to the surface and it seems like it doesn't take much to send us into a tail spin. It could simply be that you've taken a few steps forward and you've gotten close to another comfort zone and now new issues are rising. What many of us do when this happens is we freeze, stall, or even worse – we sabotage the progress we've made. Now you no longer have to resort to those old behaviors because you'll just 'tap on it' and yes, you may find that you're tapping more on those days!

I think the bigger problem is when people are feeling good they stop tapping! It's like saying, "I feel so good from exercising that I think I'll stop for awhile!" The good feeling comes from what you're doing so keep doing it! Developing daily practice of tapping is the key. On days that you feel wonderful spend your 10 minutes doing several rounds of the positive affirmations or 10 minutes of gratitude tapping and you'll be anchoring those wonderful feelings in your body's memory bank!

### **What are some of the signs of energy releasing?**

You might see any of the following:

Yawns

Sighs

Tearfulness

Getting the giggles

You might feel energetic or become tired

The feeling moves to another part of the body

The feeling shifts in how it feels – moving from sharp to heavy, tight to tingly, localized instead of spread out.

**\*\*REMINDER:** Make sure to drink plenty of water before and after doing any energy work. You need to be hydrated to optimize your body's healing system and to flush out toxins released from the work you're doing.

### **How will I know if it's working?**

This is a great question and one that can range from seeing strong and obvious changes to being aware of the small and subtle shifts in your day-to-day life. If you had an extreme fear of water and now you are taking swimming lessons it's easy to tell that the EFT "worked". Or maybe there was a particular memory from an event that easily hijacked you in the past and now when you think of it you there is a noticeable change in the way you feel. Strange thing is once the energy has been released around an event that event doesn't come to mind as often or even at all. One person said to me "Why do you keep talking about that?" when we would test it, as if I was the one who was bugging her about it!

Other comments we get from people who have been tapping on a regular basis are how they notice a general sense of well being and self confidence. They are pleasantly surprised to find that old situations which would be typically stressful are now relaxed and at ease. They also find themselves open to new ideas and taking actions they have avoided in the past.

Sometimes the shifts are so subtle that we don't notice them! One of the amazing things about EFT is that people often forget that they 'used' to get bothered by something. Many times it's the people in our lives that notice the changes. You may find people 'sense' something different about you; they can feel something is different even if they can't put words to what has changed. What they are noticing is the subtle shifts that are taking place on the energetic level, where real and lasting changes occur.

### **Tapping privately!**

Here's an example of the questions we get from people about how to tap when they aren't alone:

How do I tap when I'm at work or at a social gathering?

What can I do when I'm in a meeting and I'm feeling emotionally hijacked and I can't start tapping all over myself – people will think I've lost my mind!?

We checked in with several EFT practitioners and asked them for ideas and suggestions they give their clients about tapping in public or social situations.

Here are a few of their ideas:

- › Go into the bathroom and tap like mad!

- Touch and press each point (instead of tapping) and take a deep breath. Do this at each point while saying the reminder phase either out loud or silently within.
- There are several points on the inside of both wrists and you can activate several of them just by crossing your hands over each other at the wrist and tapping both wrists together. You can also rub or press the wrist points without being noticed.
- Visualize the tapping. See yourself in your mind's eye tapping at the karate chop point while saying the set-up statements and then moving through the body points saying the reminder phase. This works especially well at night when you're in bed!
- David Benor M.D. does a hybrid of EFT and EMDR called WHEE. He offers a few other suggestions: You can squeeze your toes; first you squeeze your left big toe down against the ground, then your right big toe down, and so on.
- Many of the points are areas we rub when we're stressed or fidgeting, such as the collarbone point, chin point, or pressing the fingers together at the bridge of the nose (there are meridian points there also!).
- Tapping the finger points with the thumb. There are wonderfully powerful meridian points located on our fingers! Part of the original EFT recipe called for finger tapping: tap at the base of the nail bed, on the side of the finger facing the body of the thumb, index finger, middle finger, ring finger, and pinkie. You can tap with the opposite hand or you can tap with the thumb of the same hand. Once you get the hang of it, it's easy to do anywhere!

### **A word about working with an experienced EFT practitioner.**

Working with a practitioner who is trained and experienced in EFT is a huge gift to you! As we said before our mind is very self protective. When you work with an EFT practitioner they will know how to peel the layers back around the issue and get to the core much faster than you could do by yourself. Someone else can more easily see what may not be visible to you because you've become accustomed to it. When you feel like you have hit a wall tapping on your own or you see that you are dealing with a bigger issue than you want to deal with by yourself get the support and guidance of an EFT professional.

## *Tapping Your Way UP the Vibrational Scale!*

Do you have days where you wake up feeling like you're on top of the world? Days where it feels like anything is possible and life is starting to come together for you? On those days you're at a level 8, 9, or 10, feeling good and attracting more of the good feeling stuff that life has to offer. And then there are those 'other' days – those days where you can't get a whiff of hope and possibility. Some mornings just seem to start slow and warm up slowly, and sometimes not at all!

The Law of Attraction tells us that we're always attracting more of the stuff that matches our vibration level. Our vibration level is linked to our focus and our focus is linked to how we feel. When we're low on the vibration scale chances are we're focused on what we don't want; what we don't want to feel, what we don't want to be experiencing, and what we wish wasn't happening. The problem is you can't push away what you don't want without giving it your attention and energy. So what do you do instead?

Tap! All the tapping sequences are designed to increase your vibration level and raise you on the emotional scale. The affirmative sequences are designed to begin slow and take you to the next level. The combination of tapping and speaking sends waves through the body that neutralize the 'zaps' and turns your body into a humming machine attracting more of what you DO want. So on a day where your energy is low the tapping sequence may take you from a 2 to a 5. The main objective is to deliberately move up the vibrational scale.

On a day when you're starting at a 5 you will find the sequence takes you to an 8, 9 or 10! I love floating at a ten and imagine how different life is when you spend some time at a 10? Even on a day you start at a 2 and you bring it to a 5 and it floats back to a 4 or 3 and you still have 5's – your day goes very different than had you stayed at a 2 all day.

Plus – and here's the bonus of regular practice – you're consistently and deliberately engaging with your energy system which starts the process of altering the way your base level of attracting works.

You're shifting your internal "set-point" to a higher level.

You start to hum regularly at a 5 and then you bring it up to an 8 a couple times a day and you really start to create your life differently. Over time you begin many of your days at 6's and 7's and tap into 10's and you're opening the door to amazing and wonderful change.



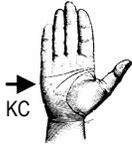
*EFT*  
*Tap-A-Long*  
*Scripts*

## Step 1: Clear Blocks to Begin Your Search for a Passion-filled Career/Business

Have you been thinking about changing careers or starting a business for years but have done little or nothing about it? If so then you are in good company. I have had many client's in your same boat. They are always thinking about how much they hate their job and how they would really like to find work they are passionate about. These client's come in from many different situations. Some are so burned out and disconnected from their feelings that they can't think of even one thing they are passionate about. Others come so full of ideas and with so many passions that they don't know where to start or if they even should! Sometimes client's come who are stuck in their story. Who would they be without that story?! Underneath everything they are too scared to change. It is much easier to think and talk about changing careers then actually doing it. The reason this is true is that most of us have a collection of fears/beliefs which hold us back. These range from fears of being too old to start a new career to guilt over their choice to not be content with the career they are in. In the next section the issues or fears listed are ones which I have found to be most common. The following pages are full of set-up statements and tapping script to help you change the beliefs that are keeping you stuck. Sometimes the hardest part of any change is beginning. Working through these common fears will help you stop sabotaging or procrastinating and open up the door to action!

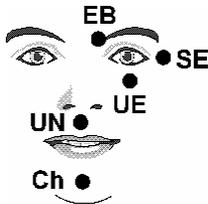
**Issue: I don't feel passionate about anything.**

Karate Chop: (3 times)

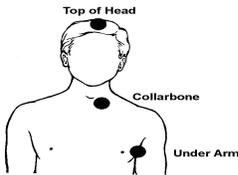


Even though I don't feel passionate about anything, I deeply and completely accept myself anyway.  
 Even though I feel numb, I deeply and completely accept that part of me.  
 Even though I don't get excited about anything, I completely love and accept myself anyway.

**Round 1: Letting Go**

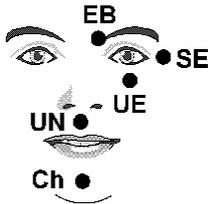


EB: Don't feel much of anything.  
 SE: I am so burned out.  
 UE: Feel so blah.  
 UN: Don't think I am passionate about anything.  
 CH: Don't like anything.

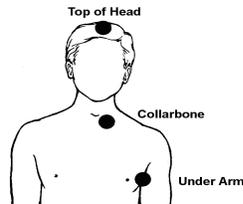


CB: Afraid I won't find anything I like.  
 UA: Maybe I just am not a passionate person.  
 HD: Don't feel passionate.

**Round 2: My new truth is**



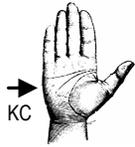
EB: I am open and receptive to feeling passion.  
 SE: I love being excited about life.  
 UE: I love finding things that interest me.  
 UN: Many things interest me!  
 CH: It is great feeling passion



CB: It is safe to feel passion.  
 UA: I am a passionate person!  
 HD: I love feeling passionate.

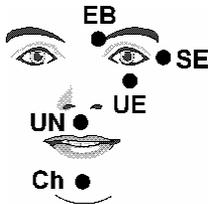
**Issue: I'm Too Old to Change Careers.**

Karate Chop Point (3 times)

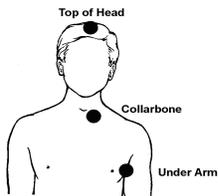


Even though I am too old to change careers I completely love and accept myself anyway.  
 Even though I feel too old and worn out to start a new career I accept myself anyway.  
 Even though it is crazy to start a new career at this age I completely love and accept myself.

Round 1: Letting Go

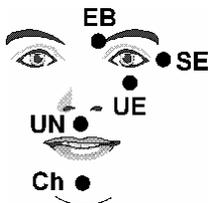


EB: Even though I'm too old.  
 SE: I don't have enough energy.  
 UE: Why don't I just take it easy?!  
 UN: I'm too old.  
 CH: Everyone will think I'm crazy to start something new at my age.

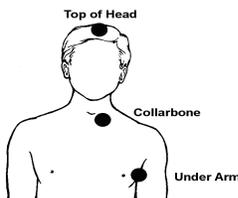


CB: Maybe I am crazy!  
 UA: I just don't have enough energy.  
 HD: I'm just too old!

Round 2: My new truth is



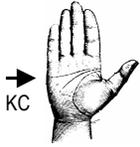
EB: Now, is the best time to change careers.  
 SE: I bring a lot of life wisdom with me.  
 UE: This will be fun and exciting.  
 UN: Many people will admire my initiative.  
 CH: I know how to conserve my energy by working smarter not harder.



CB: I am healthy and full of energy.  
 UA: I have a lot of value to offer.  
 HD: I am the perfect age for a career change.

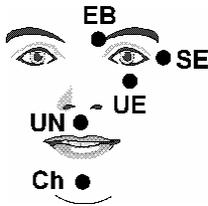
**Issue: I Should Be Happy and Content in the Career I Have.**

Karate Chop Point (3 Times)

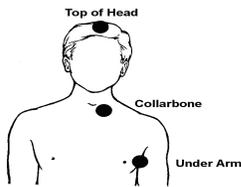


Even though I should be happy with my job and I am not I accept myself anyway.  
 Even though I might be asking for too much in a career I completely love myself.  
 Even though I should just be content and stay where I'm at I completely love and accept myself.

Round 1: Letting Go

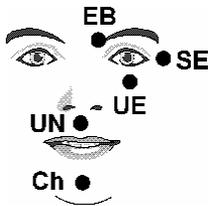


EB: Even though I should be happy.  
 SE: I might be asking for too much.  
 UE: I should just suck it up.  
 UN: Who am I to want a better job?  
 CH: Others would be happy to have my job.

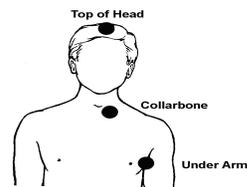


CB: Just be happy and wait until retirement!  
 UA: I should be content in this job.  
 HD: What's wrong with me anyway?

Round 2: My new truth is



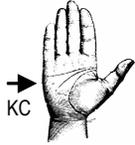
EB: It is just fine to look for work I love.  
 SE: I am listening to my wise inner voice.  
 UE: I have a lot of value to give.  
 UN: I have the right to create the life I want.  
 CH: I deserve the best that life has to offer.



CB: A wonderful career is coming my way.  
 UA: I am enjoying my new career.  
 HD: Life is fun and so is my new career!

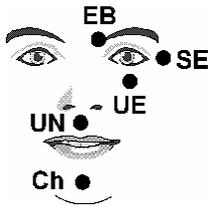
## Issue: What if I Find Out I Don't Have Any Passions?

Karate Chop Point (3 Times)

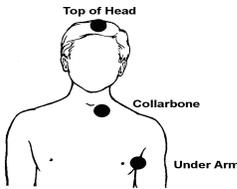


Even if I am not passionate about anything I completely love and accept myself.  
 Even if I never find my passions I accept myself anyway.  
 Even if I find out I am just permanently passionless I completely love and accept myself.

Round 1: Letting Go

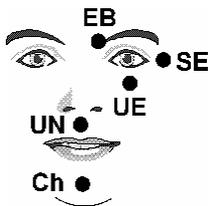


EB: I don't really like anything.  
 SE: Might just be a boring person.  
 UE: I might not find anything interesting.  
 UN: Don't like anything much.  
 CH: Everything is boring.

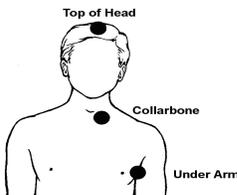


CB: I don't have a great passion.  
 UA: I don't have a little one either.  
 HD: Maybe I'll never find a passion.

Round 2: My new truth is



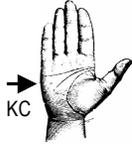
EB: I deserve to find my passions.  
 SE: I am perfect exactly as I am.  
 UE: I enjoy feeling passion.  
 UN: I am an interesting person.  
 CH: Noticing my passions is a passion of mine!



CB: I choose to be interested in life.  
 UA: I love feeling passion.  
 HD: Life is full of things I am passionate about.

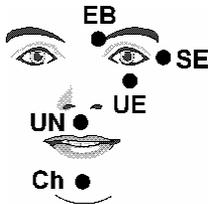
## Issue: I am Afraid of Knowing my Passions Because Then I'll Have to Do Something About it!

Karate Chop Point (3 Times)

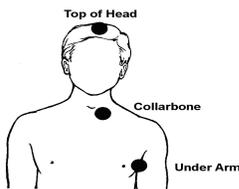


Even though I am afraid of knowing my passions I accept myself anyway.  
 Even though if I know my passions I'm afraid I'll have to do something about it I choose to love myself anyway.  
 Even though doing something about it scares me I completely love and accept myself.

Round 1: Letting Go

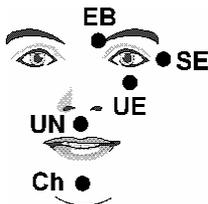


EB: Afraid of knowing my passions.  
 SE: Afraid of the pressure of knowing.  
 UE: Afraid I might not do anything about it.  
 UN: Where would I be without my "no passion" story?  
 CH: People might expect too much from me.

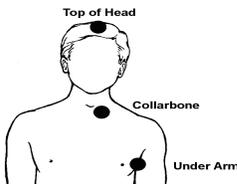


CB: I might expect too much from myself!  
 UA: Knowing would take away my excuses.  
 HD: Afraid of knowing my passions.

Round 2: My new truth is



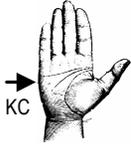
EB: I love knowing what I am passionate about.  
 SE: I am excited about life.  
 UE: I am so thankful to let that old story go.  
 UN: Now I live life full of excitement.  
 CH: I choose to fill my life with my passions.



CB: I follow my inner wisdom.  
 UA: I love letting my old excuses go.  
 HD: I am free to live with passion.

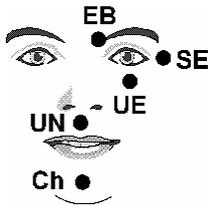
**Issue: I Won't Be Able to Make a Living Doing What I Love.**

Karate Chop (3 times)

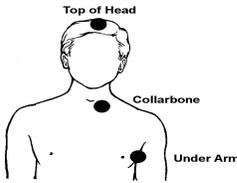


Even though I won't be able to make a living doing what I love I love and accept myself anyway.  
 Even though I'll never make a go of it I accept myself anyway.  
 Even though I'll always have to work a boring job to make ends meet I completely love and accept myself.

**Round 1: Letting Go**

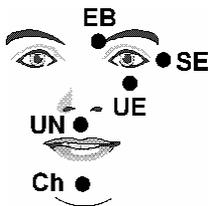


EB: Won't be able to make a living.  
 SE: Will work hard with little income.  
 UE: Will be poor!  
 UN: Fun jobs don't pay.  
 CH: No one will pay me for doing something I love.

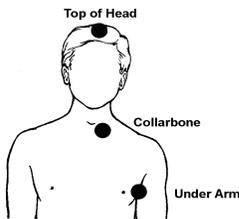


CB: Can't earn a living with my passion.  
 UA: Will be stuck in a boring job.  
 HD: Won't make a decent living.

**Round 2: My new truth is**



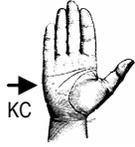
EB: I enjoy making a great living doing what I love.  
 SE: Doing what I love pays me well.  
 UE: I love having work I am passionate about.  
 UN: My business/career is prosperous.  
 CH: I love that I am having so much fun now!



CB: I am a magnet for prosperity.  
 UA: I love that money flows in while I do what I am passionate about.  
 HD: I make plenty of money while doing work I love.

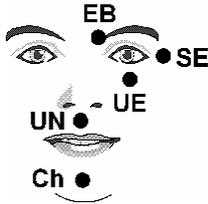
**Issue: I am afraid of getting bored.**

Karate Chop (3 Times)

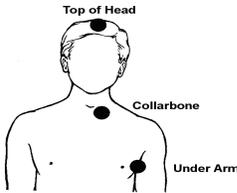


Even though I am afraid I'll get bored with my new work I love myself anyway.  
 Even though I am easily bored I completely accept myself.  
 Even though nothing keeps me interested for long I completely love and accept myself.

**Round 1: Letting Go**

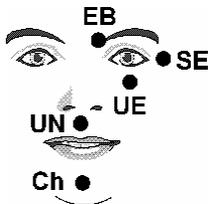


EB: Will get bored.  
 SE: Nothing stays interesting.  
 UE: Afraid to stay committed.  
 UN: Boredom might mean I made the wrong choice.  
 CH: Fear of being bored.

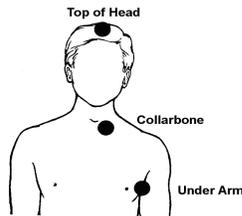


CB: Hate being bored.  
 UA: Afraid I'll never stay interested in anything.  
 HD: Feeling bored.

**Round 2: My new truth is**



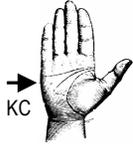
EB: I love feeling interested.  
 SE: I am comfortable in my own skin.  
 UE: I chose to be ok with being bored sometimes.  
 UN: I am confident in the choices I make.  
 CH: I can always find enjoyment even in simple things.



CB: I am interesting so I am not bored for long.  
 UA: Life is fascinating.  
 HD: I learn something new everyday.

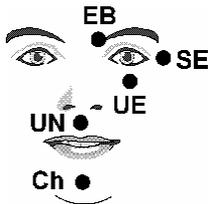
**Issue: I don't deserve work I am passionate about.**

Karate Chop (3 times)

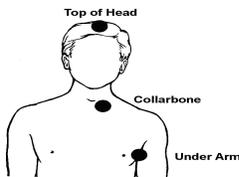


Even though I don't deserve work I love and accept myself anyway.  
 Even though I don't deserve to be happy at work I choose to accept myself.  
 Even though I don't deserve to feel passionate about work I completely love and accept myself.

**Round 1: Letting Go**

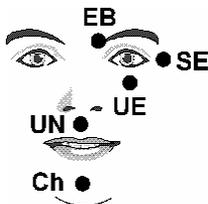


EB: I don't deserve work I love.  
 SE: No one else I know has work they love.  
 UE: I'm not that special.  
 UN: Have to be special to have that kind of work!  
 CH: I am asking for too much to love my work.

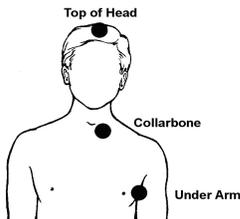


CB: I'm not that talented.  
 UA: Work is supposed to be hard anyway!  
 HD: I don't deserve work I love.

**Round 2: My new truth is**



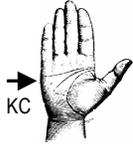
EB: I deserve to have work I am passionate about.  
 SE: I am perfect exactly as I am.  
 UE: I choose to accept and use my gifts.  
 UN: I am excited about sharing my gifts in work I love.  
 CH: I choose to have work that I love.



CB: I deserve to have work I love.  
 UA: I love feeling like I deserve to be passionate about my work.  
 HD: I am enjoying work I love.

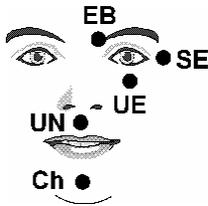
**Issue: Work is supposed to be hard!**

Karate Chop (3 times)

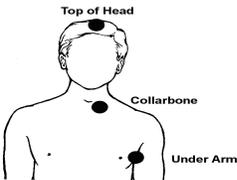


Even though work is supposed to be hard I completely love and accept myself.  
Even though work shouldn't be fun I accept myself anyway.  
Even though I shouldn't expect so much from work I love myself anyway.

Round 1: Letting Go

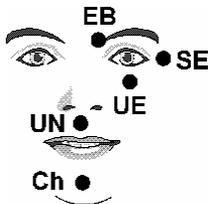


EB: Work should be hard.  
SE: Thinking it should be fun is asking too much.  
UE: I'm just setting myself up for disappointment .  
UN: Work has always been hard for my family.  
CH: If it is not hard then maybe it's not worth doing.

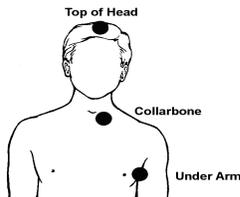


CB: Work is hard.  
UA: Can't make money if it's not hard.  
HD: Work is hard that's why they call it work!

Round 2: My new truth is



EB: What if work could be fun?  
SE: I intend to create work that is fun not hard.  
UE: I anticipate the best for myself.  
UN: I deserve work that is fun.  
CH: I love that I am making an abundance of money doing work that is fun.



CB: I deserve joy in my work.  
UA: I am thankful to have work I enjoy.  
HD: Work should be enjoyable and fun!

## Step 2: Clear Blocks to Freely and Creatively Exploring to Find Your Passion-filled Career or Business

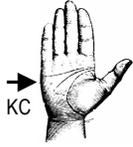
As children most of us loved to explore and learn new things but somewhere along the way many of us lose that love. We somehow believe as adults that we don't have time to explore. We believe that we should just know things. We often are afraid of asking too many questions for fear of looking stupid. We are afraid of making mistakes. These beliefs stop us from freely exploring our passions and listening to our heart.

Guess what? We can't know everything. It is perfectly natural to not know and this process will require mistakes. That is precisely why it is time to explore.

The journey to discover your passion-filled career requires openness and creativity and is best done with joy! These next issues and tapping phrases will clear out the limiting beliefs that are stopping you from exploring with abandon. So tap away and prepare for an adventure!

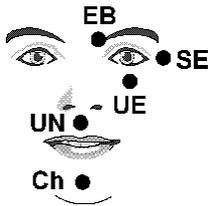
**Issue: Fear of having too many interests.**

Karate Chop (3 times)

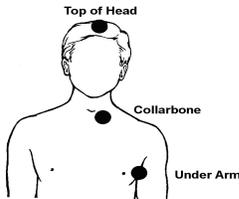


Even though I am afraid I'll like too many things I accept myself anyway.  
 Even though I might not be able to choose I love myself anyway.  
 Even though I have too many interests I completely love and accept myself.

Round 1: Letting Go

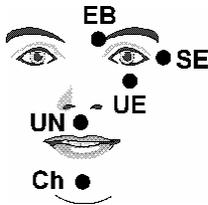


EB: I have too many interests.  
 SE: Might bounce around between them forever.  
 UE: I won't ever be able to pick one.  
 UN: Will chase one after another.  
 CH: Might as well not even start.

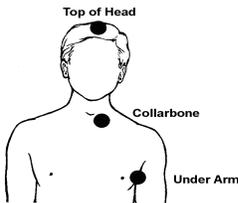


CB: Hard to stay focused.  
 UA: I have too many interests.  
 HD: Won't ever be able to choose one.

Round 2: My new truth is



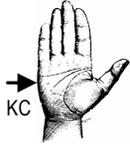
EB: I love that I have so many interests.  
 SE: I choose to grab a few and focus.  
 UE: I create the perfect work for me.  
 UN: I am perfect just the way I am.  
 CH: I create work that uses many of my passions.



CB: I make and trust my own decisions.  
 UA: I stay focused on what I want.  
 HD: I follow my inner wisdom.

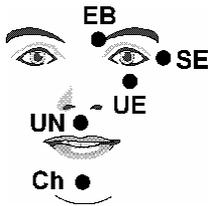
**Issue: I don't know where to start exploring.**

Karate Chop (3 times)

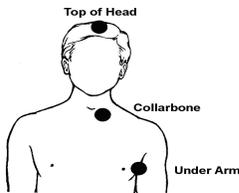


Even though I don't know how to begin exploring I completely love and accept myself.  
 Even though I might explore the wrong thing I accept myself anyway.  
 Even though I don't know what I am doing I completely love and accept myself.

Round 1 : Letting Go

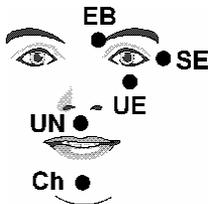


EB: Don't know where to start.  
 SE: Might be wasting my time.  
 UE: I probably am going about it all wrong.  
 UN: I don't know what I am doing.  
 CH: Might head down the wrong path.

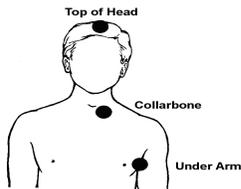


CB: Probably won't find anything.  
 UA: Wasting my time.  
 HD: Don't know where to start.

Round 2: My new truth is



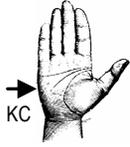
EB: I choose to explore joyfully.  
 SE: There is no wrong way to explore.  
 UE: I choose to make it a game.  
 UN: Finding work I love is fun and interesting.  
 CH: I choose to have childlike curiosity.



CB: I love exploring.  
 UA: I trust my inner wisdom.  
 HD: Wherever I start exploring is the perfect place for me.

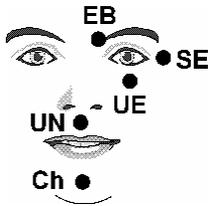
**Issue: Fear of choosing the wrong business/career.**

Karate Chop (3 times)

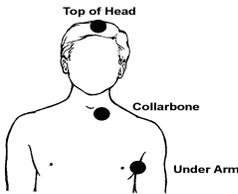


Even though I am afraid of choosing the wrong business/career I completely love and accept myself.  
 Even though I'll probably waste my time with the wrong choice I accept myself anyway.  
 Even though the work I choose will probably be wrong for me I completely love and accept myself.

Round 1: Letting Go

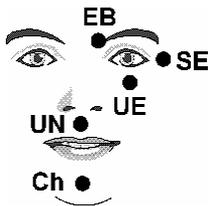


EB: What if I choose the wrong career?  
 SE: I could waste a lot of time on the wrong thing.  
 UE: Waste a lot of money with the wrong choice.  
 UN: Will feel stupid.  
 CH: I will feel miserable in my wrong work choice.

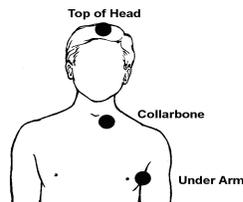


CB: It must be perfect this time!  
 UA: I've already wasted a lot of time.  
 HD: Afraid I'll choose the wrong work for me.

Round 2: Positive



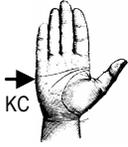
EB: I am thankful that every experience is valuable.  
 SE: I trust my decisions.  
 UE: I follow my inner wisdom.  
 UN: Mistakes are a necessary part of success.  
 CH: I love feeling confident about my career/ business choices.



CB: I enjoy creating work I love.  
 UA: I easily choose the right business/career for me.  
 HD: I am so thankful for my business/career.

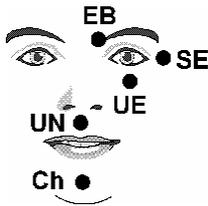
**Issue: I don't have time to explore a new business/career.**

Karate Chop (3 times)

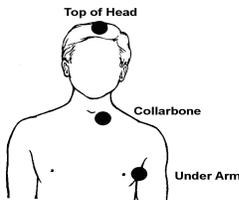


Even though I don't have time to find a new business/career I completely love and accept myself.  
 Even though I am way too busy for this I love myself anyway.  
 Even though it might take a long time I completely love and accept myself.

Round 1: Letting Go

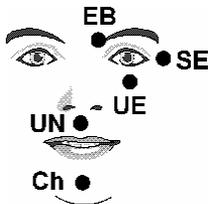


EB: Takes too much time.  
 SE: I am too busy.  
 UE: Probably won't find it anyway.  
 UN: Should have done this years ago when I had more time.  
 CH: Too tired to explore new careers after work.

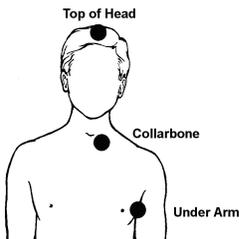


CB: Feels like too much work.  
 UA: Takes too much time.  
 HD: I don't have the time.

Round 2: My new truth is



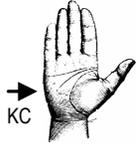
EB: This is time well spent.  
 SE: I deserve to spend this time on me!  
 UE: I choose to spend time on finding passionate work.  
 UN: Spending time finding a career I love gives me energy.  
 CH: I love exploring new business/ career ideas.



CB: I have plenty of time for things that are important to me.  
 UA: I protect my precious time and energy.  
 HD: I love spending time finding passionate work.

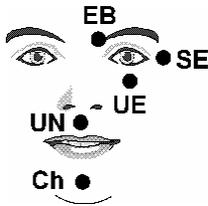
**Issue: Fear of no one wanting what I like to do.**

Karate Chop (3 times)

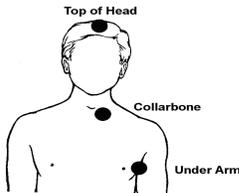


Even though no one will want what I like to do I accept myself anyway.  
Even though what I want to do has no value I choose to love myself anyway.  
Even though people won't pay for what I want to do I completely love and accept myself.

Round 1: Letting Go

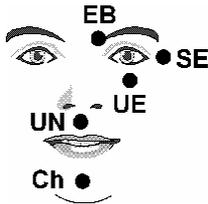


EB: What I offer has no value to others.  
SE: No one will think it is a good idea.  
UE: My ideas are worthless.  
UN: Fear that I have nothing of value to give.  
CH: What I offer has no value.

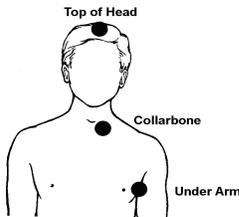


CB: What I like has no value.  
UA: I won't be able to do what I love.  
HD: No one will pay me for what I love to do.

Round 2: My new truth is



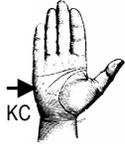
EB: I offer great value to others.  
SE: There is great demand for what I offer.  
UE: I enjoy being paid well for what I love to do.  
UN: What I love to do has great value to others.  
CH: I am so thrilled to give my gifts to others.



CB: My interests and passions are a gift to others.  
UA: I offer great value.  
HD: People consider what I have to offer a treasure.

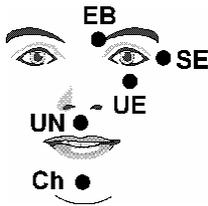
**Issue: Fear of not knowing where to start.**

Karate Chop (3 times)

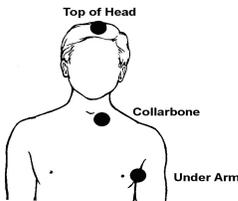


Even though I am afraid of not knowing where to start I completely accept myself.  
Even though I don't know what to do first I choose to love myself.  
Even though I might start by doing the wrong thing I completely love and accept myself.

**Round 1: Letting Go**

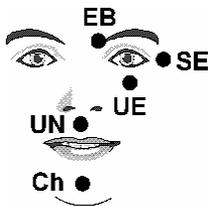


EB: I am afraid to get started.  
SE: I don't know what I am doing.  
UE: I am afraid of doing the wrong thing.  
UN: I don't know anything.  
CH: I might ask stupid questions.

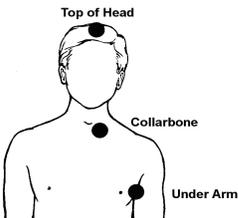


CB: I might make the wrong decisions.  
UA: I don't know much about this business/career.  
HD: I am afraid of not knowing.

**Round 2: Positive**



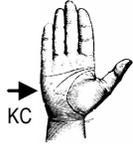
EB: I love the process of exploring options.  
SE: I enjoy learning new things.  
UE: Making mistakes is a necessary part of the process and I accept it.  
UN: I trust my inner wisdom.  
CH: I choose to enjoy learning and growing.



CB: I love growing and stretching.  
UA: The key to success is taking risks.  
HD: I trust that I am starting in the right place.

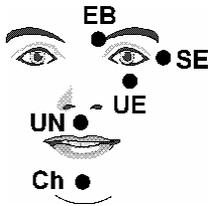
**Issue: Finding a new career/business is serious business.**

Karate Chop (3 times)

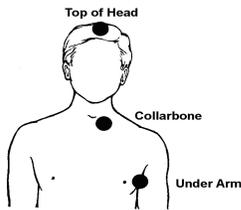


Even though I finding a career/ business is serious business I accept myself.  
 Even though I shouldn't have fun exploring because this is serious I choose to love myself.  
 Even though each step I take towards this goal is hugely serious I completely love and accept myself.

Round 1: Letting Go

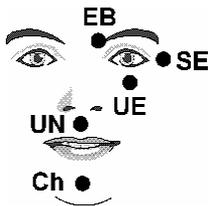


EB: I must take this seriously.  
 SE: I shouldn't have fun with this.  
 UE: It is dead serious.  
 UN: The mistakes I might make are serious.  
 CH: Finding a new career/business is a lot of work.

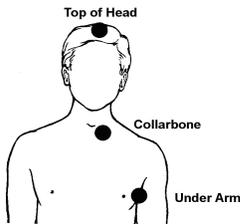


CB: It is a grind.  
 UA: It is stressful and I don't like it.  
 HD: This is serious business.

Round 2: My new truth is



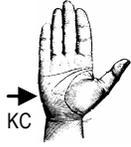
EB: Maybe I could have fun and take it seriously!  
 SE: Perhaps I'll have better results if I have fun.  
 UE: Learning and trying new things is exciting.  
 UN: I choose to be light-hearted and focused.  
 CH: I choose to enjoy this exploration.



CB: Everything is unfolding perfectly for me now.  
 UA: I deserve to have fun and enjoyment during this process.  
 HD: I intend to have a blast finding my new passion-filled business/career!

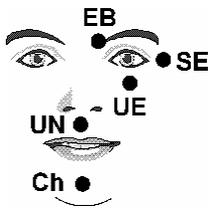
**Issue: Fear of Wasting Time**

Karate Chop (3 times)

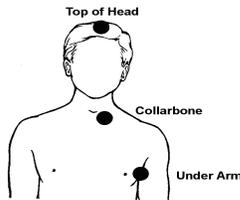


Even though I am afraid that this career search is all a waste of time I accept myself anyway.  
 Even though I am afraid that I won't get good results I choose to accept myself.  
 Even though I am afraid of wasting all this time and money I completely love and accept myself.

Round 1: Letting Go

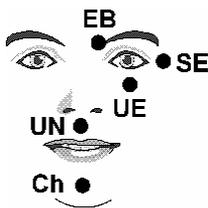


EB: Afraid this is a big waste of time.  
 SE: I could be doing other things.  
 UE: Maybe this is not that important anyway.  
 UN: Finding passion-filled work feels like a waste of time.  
 CH: All this focus on what I like is selfish anyway.

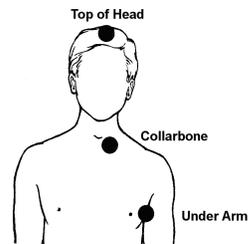


CB: I should spend my time doing other things.  
 UA: This is not a good use of my time.  
 HD: This is a waste of time.

Round 2: My new truth is



EB: Finding what makes my heart sing is the BEST use of time.  
 SE: I deserve to have passion-filled work.  
 UE: I deserve this time to focus on what I love.  
 UN: I intend to give myself this time to find out what I love.  
 CH: I choose to see this search as a great use of my time.



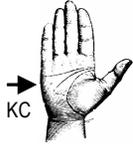
CB: This search is a gift to myself and others.  
 UA: I intend to create work I love.  
 HD: I enjoy using my time this way.

### **Step 3: Clearing Blocks that Keep You From Deciding and Taking Action**

You've found your passions, you have explored your options and now is the time to decide and take action. This is also the time when limiting beliefs and fears come out in force! One of the biggest fears client's have is the fear of choosing the wrong career or business. Other major fears are the fears related to doing something new. All of a sudden there are confidence issues and the big old nasty fear of rejection. That's just fine, gather up those fears and tap through the following issues so you can take action with confidence.

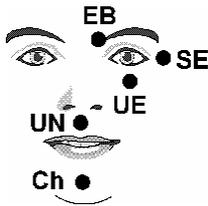
**Issue: Fear of being wrong.**

Karate Chop (3 times)

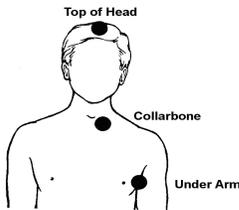


Even though I am afraid of making the wrong choice I accept myself anyway.  
 Even though I will make mistakes I choose to love myself.  
 Even though I could make the wrong choice I completely love and accept myself.

**Round 1: Letting Go**

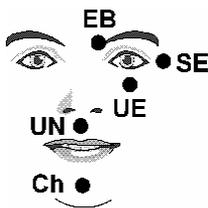


EB: Fear of being wrong.  
 SE: Fear of making a big mistake.  
 UE: I might make a wrong choice.  
 UN: It could feel like a big mess-up.  
 CH: I don't like making mistakes.

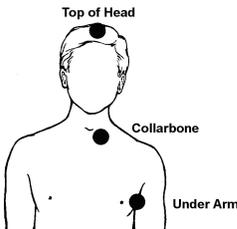


CB: I might even choose the wrong career path.  
 UA: I don't know enough.  
 HD: I might be wrong.

**Round 2: My new truth is**



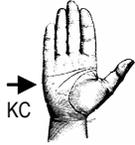
EB: It is necessary to make mistakes in order to be successful.  
 SE: I welcome mistakes and learn from them.  
 UE: I am resilient.  
 UN: I am strong.  
 CH: I choose to trust my inner wisdom.



CB: I intend to be comfortable taking risks.  
 UA: Whatever career/business I choose is the right place to begin.  
 HD: I trust that I am guided to the perfect work.

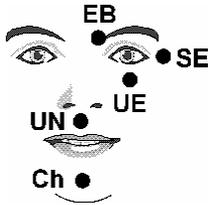
**Issue: Fear of experiencing rejection.**

Karate Chop (3 times)

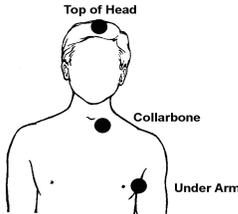


Even though I am afraid of being rejected I love myself anyway.  
 Even though I hate being rejected I choose to accept myself.  
 Even though I avoid rejection I completely love and accept myself.

Round 1: Letting Go

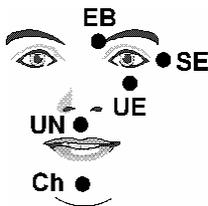


EB: Fear of rejection.  
 SE: Opening myself up to rejection.  
 UE: I might just fall apart.  
 UN: I'm not strong enough to handle it.  
 CH: I hate rejection.

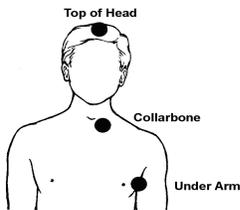


CB: I avoid it so I'll feel safe.  
 UA: I don't want to try anything new.  
 HD: Fear of rejection.

Round 2: My new truth is



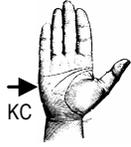
EB: I am strong enough to handle rejection.  
 SE: Rejection is a natural part of taking risks and growing.  
 UE: I accept and take care of myself.  
 UN: I am calm and confident even when I feel rejected.  
 CH: I calmly face rejection.



CB: I love trying new things.  
 UA: I am confident and resilient.  
 HD: I am strong and face rejection with grace.

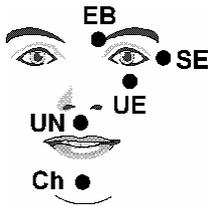
**Issue: I am afraid I will get in over my head.**

Karate Chop (3 times)

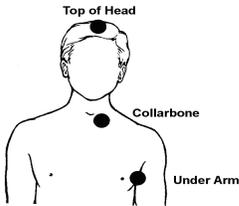


Even though I'll get in over my head I love myself anyway.  
Even though I won't know what I am doing I accept myself.  
Even though they'll see I'm a fraud I completely love and accept myself.

Round 1: Letting Go

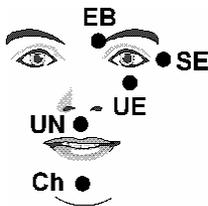


EB: I won't know what I am doing.  
SE: I don't know enough.  
UE: This is all new to me.  
UN: I'll be a beginner.  
CH: Everyone will see that I am a fraud.

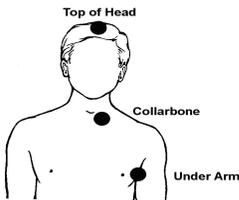


CB: People will see through me.  
UA: I won't do a good job.  
HD: I will get in over my head.

Round 2: My new truth is



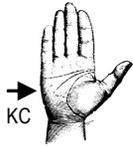
EB: I know enough for now.  
SE: I will learn quickly.  
UE: I provide value.  
UN: It is perfectly fine to be a beginner.  
CH: I rise above all limitations.



CB: I am strong and confident.  
UA: I choose to learn quickly.  
HD: I love learning.

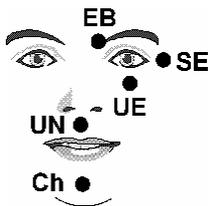
**Issue: I don't have enough confidence to start a new career/business.**

Karate Chop (3 times)

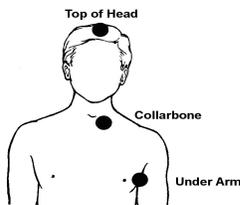


Even though I don't have enough confidence to start a new career/  
business I completely love and accept myself.  
Even though I feel insecure I choose to love myself.  
Even though I might not have the guts I completely love and accept  
myself.

Round 1: Letting Go

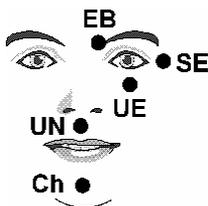


EB: Feel insecure.  
SE: Not confident.  
UE: I never have been very confident.  
UN: Even less confidence in starting a new career.  
CH: What if I mess up?

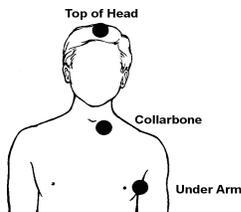


CB: What if I present myself as insecure?  
UA: That's sure how I feel.  
HD: Feeling insecure.

Round 2: My new truth is



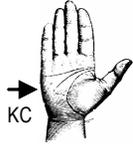
EB: I love feeling confident.  
SE: I carry myself in a confident manner.  
UE: I speak confidently.  
UN: I choose to be confident.  
CH: I confidently learn everything I need to know.



CB: I deserve to feel strong and confident.  
UA: I stand and walk with confidence.  
HD: I enjoy feeling confident.

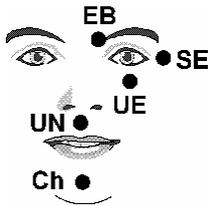
**Issue: Changing careers might take too long.**

Karate Chop (3 times)

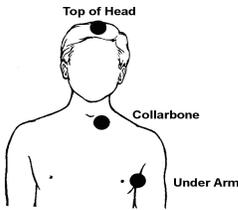


Even though changing careers might take too long I accept myself anyway.  
 Even though I want it to happen right now I choose to love myself.  
 Even though I don't want to wait I completely love and accept myself.

Round 1: Letting Go

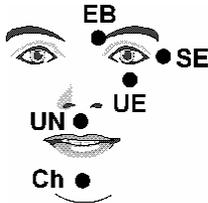


CB: This will take too long.  
 SE: It will be too much work and take too long!  
 UE: I want it to happen NOW!  
 UN: It might take sooo long it isn't worth it.  
 CH: This takes too much time.

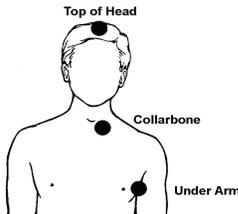


CB: This career change will take too long.  
 UA: Maybe I am wasting time.  
 HD: Takes too long.

Round 2: My new truth is



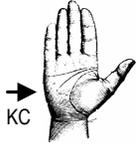
EB: I intend to create my new career quickly.  
 SE: I enjoy and am excited by the journey.  
 UE: This is fun!  
 UN: Everything happens in perfect timing.  
 CH: I love doing work I am passionate about.



CB: I anticipate the best.  
 UA: This process goes smoothly and quickly.  
 HD: I am so thankful that my career change happens quickly.

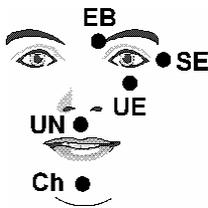
**Issue: Fear of leaving old career behind.**

Karate Chop (3 times)

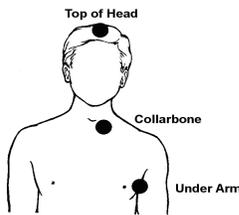


Even though I am afraid of leaving my old career behind I choose to love myself.  
 Even though I feel like I am leaving behind all the time and effort I put into building that career I accept myself.  
 Even though I feel secure in my old career I completely love and accept myself.

**Round 1: Letting Go**

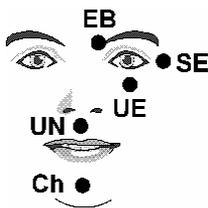


EB: Fear of leaving my old career.  
 SE: I might not do well in my new work.  
 UE: My old career feels safe  
 UN: The new career feels scary.  
 CH: I might fail!

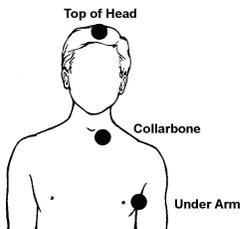


CB: At least I know how to do my old boring job.  
 UA: I put a lot into my old career.  
 HD: I am afraid of leaving it.

**Round 2: My new truth is**



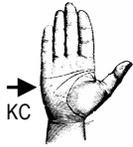
EB: Nothing is ever wasted!  
 SE: I can use some of my skills and all of my strengths in my new work.  
 UE: Having work I love is exciting.  
 UN: I intend to feel comfortable and secure in work I love.  
 CH: I love creating work I am passionate about.



CB: Everything is unfolding perfectly for me now.  
 UA: I rise above all obstacles.  
 HD: I confidently begin my new career/business.

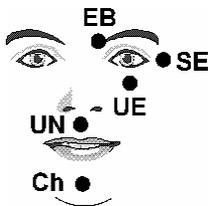
**Issue: My passion-filled work is helping people. I shouldn't get paid for that!**

Karate Chop (3 times)

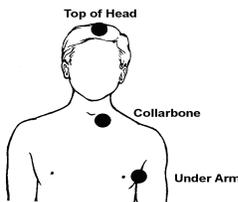


Even though I shouldn't get paid to help people I completely love myself.  
 Even though I should just help people for free I choose to accept myself.  
 Even though I should help just to help I completely love and accept myself.

Round 1: Letting Go

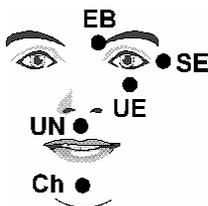


EB: Not right to get paid to help.  
 SE: Should just do it for free.  
 UE: Shouldn't make money by helping people.  
 UN: Getting paid for this makes it less positive.  
 CH: I definitely shouldn't get rich helping people!

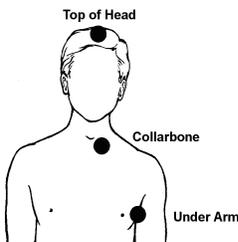


CB: Seems wrong.  
 UA: Not genuine.  
 HD: Shouldn't get paid to help others.

Round 2: My new truth is



EB: I love helping others and getting paid well.  
 SE: Money is just an exchange for value given.  
 UE: I enjoy giving tons of value to my client's.  
 UN: It is a gift to allow others to pay me for the immense value I give them.  
 CH: I intend to help others and get paid well.



CB: I enjoy creating a prosperous business now!  
 UA: I choose to provide a great service and be financially abundant.  
 HD: Money flows to me easily and effortlessly.

## *Coaching Action Steps*

*Removing your limiting beliefs with EFT is the catalyst to taking action. If we don't take action then not much gets done towards your dream career. So I have included some of my favorite Coaching Action Steps for you to pick and choose from. Enjoy the feeling of taking action towards your passion-filled work. Notice the fears which come up as you take action and then tap them away.*

## *Coaching Action Steps*

### **Coaching Action Step #1: Pick a "Possible" Passion**

Just pick anything that you are even slightly passionate about and explore it. Often these "beginning" passions lead to our Real Passions.

### **Coaching Action Step #2: Let There be Silence**

Spend 5-10 minutes of quiet time each day. Use that time to tap away the stresses of the day, take a peaceful walk or sit quietly in a favorite chair. Whatever you do don't use this time to worry! Let your mind be at rest.

### **Coaching Tip #3: Ideal Day**

Describe what your Ideal Day would be like. Write about it in detail then look for patterns and interests. (Remember you do not need to be "realistic" when writing about your Ideal Day! Have fun and feel free to be outrageous!)

### **Coaching Tip #4: Pull out Your Exploration Hat**

Find a way to explore one of your passions. Join a class, read a book about it, go try it out, talk to someone who is an expert in your passion...Get out and explore!!

## Coaching Tip #5: Pocket Steps

Put 5 pennies in your pocket every morning. Each time you take an action step towards creating your passionate work put a penny in your other pocket. By the end of the day all 5 pennies should be in the opposite pocket showing that you have completed five action steps towards your new exciting career.

adapted from *Success Principles*, by Jack Canfield

## Coaching Tip #6: Interview a Mentor

Find someone who has already done what you are planning to do. Prepare interview questions for them. Call them and make an appointment to talk with them. (10-15 minutes) This will give you a running start in creating your new career or business and might be the beginning of a mentor relationship.

## Reading List

1. Alice D. Domar and Henry Drehar. *Self-Nurture: Learning to Care for Yourself as Effectively as You Care for Everyone Else*
2. Barbara Sher. *I Could Do Anything If I Only Knew What it Was*
3. Barbara Sher. *Wishcraft*
4. Cheryl Richardson. *Stand Up for Your Life*
5. Jack Canfield. *The Success Principles: How to Get from Where You Are to Where You Want to Be*
6. Laura Berman Fortgang. *Living Your Best Life*
7. Laurie Beth Jones. *The Path: Creating Your Mission Statement for Work and for Life*
8. Marcia Reynolds. *Capture the Rapture: How to Step Out of Your Head and Leap Into Life*
9. Marcus Buckingham & Donald O. Clifton. *Now Discover Your Strengths*
10. Martha Beck, *Finding Your Own North Star: Claiming the life you were meant to live.*
11. Martha Beck, *The Joy Diet*
12. Sonia Choquette, Patrick Tully and Julia Cameron. *Your Heart's Desire: Instructions for Creating the Life You Really Want*
13. Steve Chandler. *Reinventing Yourself*

## **EFT Resources**

*The following are just a few of the many wonderful EFT resources available to you*

Beth Sorger: [www.tapandthrive.com](http://www.tapandthrive.com)

Carol Look – EFT Master: [www.attractingabundance.com](http://www.attractingabundance.com)

David Lake & Steve Wells – Performance Enhancement : [www.eftdownunder.com](http://www.eftdownunder.com)

David Rourke – addictions and pain: [www.DavidRourke.ca](http://www.DavidRourke.ca)

Donna Eden – Pioneer in Energy Medicine: [www.innersource.net](http://www.innersource.net)

Fred Gallo – Pioneer of Energy Psychology: [www.energypsych.com](http://www.energypsych.com)

Gary Craig – EFT Originator: [www.emofree.com](http://www.emofree.com)

Kate Winch– specializing in relationships and abundance: [www.rejuvenations.com](http://www.rejuvenations.com)

Leanna Fredrich: [www.LeannaFredrich.com](http://www.LeannaFredrich.com)

Mary Ayers: [www.tapintoaction.com](http://www.tapintoaction.com)

Patricia Carrington – EFT Master, and originator of Choices Method:

[www.masteringeft.com](http://www.masteringeft.com)

Susanne Peach – Working with EFT and animals: [www.animaleze.com](http://www.animaleze.com)

**Try It On Everything – Wonderful documentary on EFT:**

[www.TryItOnEverything.com](http://www.TryItOnEverything.com)

## About The Authors

Leanna Fredrich  
Career Coach, EFT-Adv Practitioner, Psych-K Adv Practitioner

Leanna has spent the last 8 years as a Career Coach. She is an advanced EFT practitioner who has worked with numerous clients' to help them find their passions and build a business or career around it. She specializes in helping people quickly and easily get over their fears and limiting beliefs so they are free to create the life of their dreams. She is the creator of the audio program and workbook, "How to Discover Your Passion-filled Work" and has taught this workshop for five years. This is the second book that Leanna has coauthored with Mary Ayers. Their first book "The Law of Attraction in Action" was enthusiastically received and is now accompanied by a 10 day audio.

Mary Ayer, PhD, LMFT  
Licensed Therapist, Momentum Coach, EFT-Adv Practitioner

Mary has been a practicing licensed therapist since 1989. Originally trained in TFT (Thought Field Therapy) in 1997 and later introduced to EFT, she has combined traditional 'talk therapy' with energy therapies with amazing results. Mary's passion is helping people get into action so they can share their gifts with others by removing the fears and false stories that have kept them frozen in their tracks! In addition to starting her own private coaching practice in 2002, she has had the awesome opportunity to be a coach with the Anthony Robbins Companies since 2004.