



TAPPING ON: fear I won't stick to the changes I make DATE: 29Dec20

How are you feeling today?



Journal Entry Writing Activity

SURRENDER YOUR FEAR OF CHANGE

The universe is reminding you that you are cared for always. Whether you're afraid of a change in your job, your health, or a relationship - or if you fear aging or death - repeat the affirmation "I have faith that all is well." Orloff

Meditation offered such clarity. I went easily into it to my surprise. Inhaled through my nose and leaked exhale through my mouth for maybe a minute. Tingling on the top of my head afterward.

Tapping was not intuitive but I laid out the diagram and tapped on my fear of not sticking to the changes I make in this program, which is the emotions that came up for me when I read today's prompt. I'm not as much afraid OF CHANGE but that I won't stick to it like I've done in the past.

I tapped on the karate chop point. Even though I'm afraid the changes I make and desire won't last, I completely love and accept myself just as I am. (karate chop point) Even though I'm frustrated with how often I've desired change, I completely love and accept myself. Even though I'm afraid I'll not follow-through with changes, I completely love and accept myself.

I went through the points once while repeating things like, "afraid I won't stick to this," "afraid that I'll skip a day and fall out of practice," "frustrated I've tried changes before" and so on.

Then I went through the points once more saying things like, "I trust I can do it" and "I know I am powerful enough to change" and "these changes will transform my life and I'm ready." Then I went onto my meditation.

I'm ready for this. I can do this. I create changes in the little areas of my life. I am ready for this to help me grow beyond my limiting beliefs and experiences. I surrender the fear of change.