



TAPPING ON: fear of changing my job

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**

Tapping was so helpful, even though I had doubts. I went through the points talking 'the truth' about how scary it is to think of changing my job but it felt much less so afterwards.

Meditation was so relaxing. If I weren't sitting up, I might have fallen back to sleep. I didn't sleep well last night.

But if I speak only what I WANT and stop talking about what I DON'T WANT, like it suggests in the start of this book, here goes..

I have the courage to enter into the career of my dreams. I trust in the process and believe that the best opportunity is yet to come. I surrender my fear of change and am ready for the next opportunity.

I can take care of myself and my family - I am secure.

I can create income anytime I need to - there is plenty of abundance for us all

I am already on the receiving end of money in expected and unexpected ways.

I head into my new career with courage and joy. I trust I will receive guidance as to what that next move is and I will act on it. I am ready for change.



Inhale



Exhale



Tap



Meditate



Journal