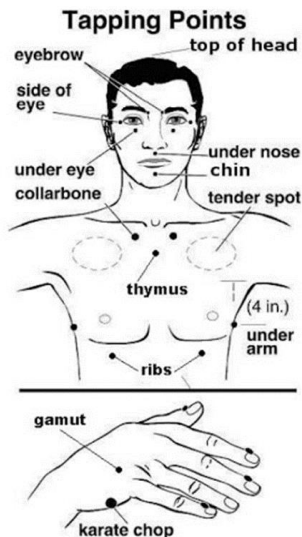


# WAKING UP TO A BRAND NEW DAY



KC: Karate chop  
TH: Top of the head  
BE: Beginning of Eyebrow  
SE: Side of Eye  
UE: Under Eye  
UN: Under Nose  
UM: Under Mouth/Chin  
C: Collarbone  
UA: Under arm  
UB: Under Breast/rib

Remember to drink a glass of water before you start the protocol.

Make a pause in between rounds if you feel the need to: breath deeply with a longer outbreath, drink water again and go back to tapping.

Follow your intuition and what is right for you, if some sentences are coming to your mind whilst tapping do say them and adapt the text to what feels right for you.

Also notice and observe what is happening in your body when you say these sentences. See the ones that resonate and the ones that don't. Welcome everything with no judgment and no preconceived ideas.

Now, let's tap!

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- KC Even though it is hard to wake up and I would have liked to stay in bed for tiny bit longer....., I welcome this brand new day with an open heart
- KC Even though I still feel tired and I wonder if I'll have enough energy for all I want to do today, I know all will be fine and trust it will unfold perfectly
- KC Even though I can be grumpy under the stress of the morning rush, I decide to start this day with peace and enthusiasm
- TH Hello bright of day! Hello New existence! Hello Life! Hello Me!
- BE It is rainy outside (or it is sunny), hello lovely new day!
- SE I wake up to my body (scan the sensations in your body)
- UE I wake up to my head, my face, my throat, neck, shoulders, arms, hands and chest,
- UN my heart and lungs, my abdomen, the area between my hips, my legs and feet.
- UM Hello lovely body! I thank you for all you do for me every day!
- C I feel grateful for the Life in me. I am alive. I am safe.
- UA I am beautiful and today I decide to take this time to take care of myself
- UB I take care of my body, my mind, my heart, my emotions and my energy  
I am beautiful
- TH I grow with every step I take, every decision, experience and exploration I make
- BE Surprise! What will I discover today? What will I experience?
- SE I am on the right path
- UE I trust my path even when I feel lost or think I failed
- UN I trust my steps, even when they feel unsure or clumsy
- UM little steps by little steps, I move forward, I trust my rhythm and my dance
- C Every day I am Me a little bit more!
- UA I am perfectly imperfect and beautiful as I am. I am whole. I am full.
- UB Every day I grow freer and happier!

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TH The world is a field of possibilities and opportunities  
BE Today I decide to let go of what is heavy for me  
SE Today I decide to free myself from the past and the fear of the future  
UE Today I decide to be in the abundance of the present moment  
UN I decide to focus on what brings me joy and happiness  
UM I honour who I am  
C I allow Life to flow freely in me and I follow my flow  
UA I learn to say and do what is right for me and respect what is right for others  
UB Today I express my power to create a life aligned with who I am and my values

Life is a treasure hunt and I decide to play and look for the treasures in me and all that surrounds me!



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