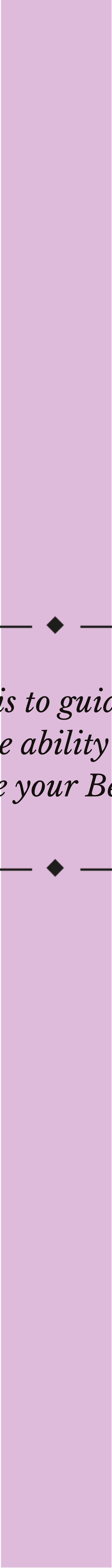


A PRACTICAL GUIDE TO EFT

**TAP INTO
YOUR
BEST SELF**

WRITTEN BY

ANASTASIA



*My passion is to guide access the
body's innate ability to heal and
become your Best Self*

TAPPING ON GRATITUDE WITH EFT

Gratitude is when we have a feeling of appreciation for someone or something that is meaningful to us. It is a state of thankfulness, appreciation. Gratitude is often expressed as a positive emotion in response to receiving a gift.



Most of the time in our lives, we spend our day in the hustle and bustle, trying to keep up with the flow, competing to go ahead of others in pursuit of success. Getting caught in our daily routines, we stress ourselves out, most of our attention is focused on things not moving according to how we think they should be. In seeking happiness and success, we forget that we have a lot of things in our lives that we should be grateful for, and we put our attention on what we do not have, we attract more of what we do not want.

We can start our day by making a conscious decision to see beautiful things appreciate what we have when we wake up in the morning and open our eyes and look around. When we are grateful for the things we have in our life, count our blessings, we realize that

life is much easier happier than when we are not grateful for them. By feeling grateful , we are sending an energetic message to the universe we are happy for what we have, then the universe to sends us more of this, energy.

Purposely deciding to focus on the satisfying things around us, this act physically alters our brain structure to accommodate more positive thoughts. When done with awareness and sustained time, new neurological connections are made in our brains, this strengthens and increases the neuros signaling capacity. Like that, we start to get used to the good thoughts and encourage positive thinking more often.

“By feeling and practicing gratitude in your waking day, you’re in a state to receive—you are in an energy that is drawing something to you on a moment-to-moment basis. “ Dr Joe Dispenza

Some of the benefits of gratitude are:

Reduced Depressive symptoms

Reduced Blood Pressure

Improved Sleep

More Optimism

Increased Productivity

Improved Decision Making

More Relaxed





There are many more benefits that gratitude touches in areas of Career, Emotional , Health , Social, and Personality.

Tapping on your positive emotions and feeling them as fully as possible we have better impact our bodies for the better. By incorporating EFT with gratitude, we feel more emotionally balanced, happy, and satisfied than ever.

EFT Gratitude Statements:

Tap the EFT points while repeating each statement:

- I am deeply and completely grateful to EFT for improving the quality of my life
- Even though I feel [emotion], I am grateful for my health and abundance.
- I am grateful I am getting better and better every day
- I am so grateful that I have a lovely home
- It's awesome that I am on the right path
- I am grateful for my family and their support
- I am so happy that [name of person] is in my life
- I am grateful for my dog.

Focusing on positive things around is , feeling grateful takes practice and is a great tool to develop. One can start with a gratitude journal.

Try practicing gratitude by writing down 3 things you are grateful for each day. It can be happy moments, people, friends, and family, or other little things.

Maintain the feeling of gratitude and radiate it around your heart for 10 minutes daily. You will be surprised the changes you will notice in your life.

Express gratitude when someone does something good to you. It spreads out the positive energy flow from you to others which is so powerful.

Absorb the positive energy filled with gratitude when something good happens to you. Be focused in such moments and consciously notice the true feeling of gratitude flowing inside you.

Is procrastination your biggest hurdle in life?

Are you a procrastinator? If so, what are the reasons? Do you know how much it costs you in the long run? Self-doubt and procrastination become the biggest obstacles in your life if you don't take action on time. "You may delay, but time will not." is what Benjamin Franklin said. Understanding this will prevent you from becoming a procrastinator. Seems challenging to deal with this disease? No worries, we will suggest some EFT tips that will help you stop postponing decisions or actions unnecessarily.

Let's dig deep into the reasons behind procrastination!

A procrastinator often has difficulty achieving their goals, several emotions hide behind procrastination fear of failure, fear of outcome, lack of motivation, overwhelmed by the task or goal. All these unresolved emotions block us from moving forward which can be seen in that Procrastinating is commonly associated with depression, the inability to receive love and care from a partner, and being less successful than your friends.

In addition to increased stress due to any reason, procrastination also leads to worse physical and mental health issues, reaching an extreme level.

The belief that procrastination is only about willpower is erroneous because many factors are involved, and many factors can be interconnected, making it difficult to pinpoint the real reason.

As it stands now, self-control comes from motivation, and motivation comes from a reward at the end. The hindering factor becomes exhaustion and continuous restlessness, which result in stress, making one leave for that reward. Some demotivating factors, such as fear, anxiety, and failure, are also associated with procrastination.

The causes of procrastination

Let's find your cause of being a procrastinator!

Undefined goals: Your undefined goals may be the first reason, every single day, for example you decide you want to lose weight and for which you need to exercise. Eventually, it will get difficult to follow through as the day goes on. If you set a concrete goal of working out at the gym daily from 4 to 5 in the evening, you will succeed.

Long-term rewards: People tend to procrastinate on tasks that are associated with rewards they will receive in the future. People usually ignore a future preference by engaging in short-term activities that provide immediate gratification, rather than working on tasks that provide long-term rewards.

Hesitation To make a decision: Another reason to become a procrastinator. Sometimes a person hesitates to decide due to numerous choices, cannot compare the right choice, is confused between the ideas of two individuals, is under the pressure of making the right decision, and so on. EFT is an excellent modality to clear emotions behind hesitation

Anxiety and burden: Leads you into becoming a laggard. Usually, it happens when a burden of many things makes you unable to perform a particular task, and you may end up regretting it later. In some instances, anxiety over not performing well and fear of failure may also have the same effect.

Psychological fatigue: A person who suffers from underlying depression might procrastinate. Keep in mind; depression has its own internal or external reasons. It can cause fatigue, difficulty concentrating, and a lack of interest in activities, all of which can lead to procrastination.;

Underestimating yourself: It is common for people to underestimate a person, thinking that he cannot succeed. This makes a person procrastinate. Due to his fear of failure, he will not participate in the game or delay his decision to participate because he will never win the competition. It happens because you allow other people to underestimate you, and you think the same about yourself.





How To Deal With Procrastination Using EFT

EFT (emotional freedom techniques) is a powerful tool you can use to eliminate anxiety and fear from your past and present. It is common for self-fulfilling prophecies to become extremely powerful and ingrained in our lives. Now, it's time to offer some tips on dealing with procrastination through EFT.

Step#1:

Define your goal

First of all, think about your goal without any fear and additional supporting thoughts. Be specific, think about how you'll achieve it, focus on the result, and set your deadlines. Tap on all emotions including fear and limiting beliefs that came up as you Defined your goal

Step#2

Mention your excuses or tail enders

This is the time to mention the excuses or tail enders that are holding you back from achieving your goal. Write down each excuse one by one on a piece of paper and tap on every single one of them till it is completely neutralized then counter each excuse or tail ended with a positive one and writing down the answers as well. Check how you feel.

Step#3

Describe the worst fear of achieving the goal

Is there a down side by achieving your goal, write your fear, just by imagining yourself winning and what will happen if you do. For example "I was offered my ideal job, but now I will lose all my close friends that I trust at my old job. Tap and clear any emotions less that happy or satisfied are in the way of achieving your goal.

Step#5

Face the truth; go In-depth!

Describe your particular belief, which you think was confirmed, and consider how old you were when you held that belief. Please take a deep breath, let it out, and wait patiently for the answer. Let the answer come naturally. You may receive it as an instant knowing, words in your head, a physical sensation, or a vision. As soon as you recall the age and memory details, you can use EFT to free yourself of its adverse effects.

Step#4

Review your false beliefs

It is time to gather all your false beliefs and review them one by one. For example, you think failure is unacceptable; people underestimate your skills, self-doubts, temporary success, and what if success takes time. EFT can be applied to any of the 5 beliefs that are holding you back.

Step#6

What's next?

Now is the time to act in a positive way for yourself by leaving all the negativity behind.

Important Notes

With all the tools at your disposal, you'll become a former procrastinator in no time. Do a postmortem examination of your procrastination instead of giving up or telling yourself that EFT failed. Take note of the outcome and the lack thereof. Find familiar patterns. Ask yourself that in the past, have you procrastinated similar to or different from this time?

No matter how often you give up, quit, or stop, you can learn something from each set back that will help you to avoid repeating the same pattern next time. It's time to live consciously and have compassion for yourself, your wounds, and the unhealed wounds that still affect you.

Don't forget to use EFT as the days go by. When your old habits reappear, take a look at your reasons for resisting change Tap on your emotions so you can move forward.

