

Activate Money Confidence

Tapping Guide



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Start Here



You've already got mountains of evidence that you can trust yourself, make powerful decisions, receive money, invest in your growth, lead your business, and take decisive action.

We're going to use that evidence to remind your mind and body that you've felt that calm confidence before.

Because, when you're able to access that state consistently, it becomes easier to:

- make decisions faster
- think more clearly
- communicate more directly
- back yourself more fully.

These are the exact things that influence how much money you make and receive, and how confidently you lead your business to it's next stage of growth.

When you're ready, you can listen to the accompanying tapping video or use this guide to tap that confidence in. Watch how quickly you return to your decision with a clear mind, fully ready to take action.



Pick Your Moment



1

You have the track record, the expertise, and the data proving you can make serious money. Yet when it's time to make a decision or take action, like the investment you're overthinking, the conversation you keep putting off - your mind spirals and your body hits the brakes, even though you know exactly what to do.

So let's start with a decision you'd like to feel more confident or certain about right now. It doesn't matter how big or small it is - just pick the one currently taking up too much space in your head:

Write it down below:

Your Anchor State



2

Look at the list below. Pick one emotional state that you want to feel in your body when you make that decision.

Choose one of these, or write your own:

- ☐ Grounded
- ☐ Certain
- ☐ Powerful
- ☐ Calm
- ☐ Other

My anchor state is:

What becomes easier when you're in this state?

Locate it in Your Body



3

Close your eyes and bring your anchor word to mind.

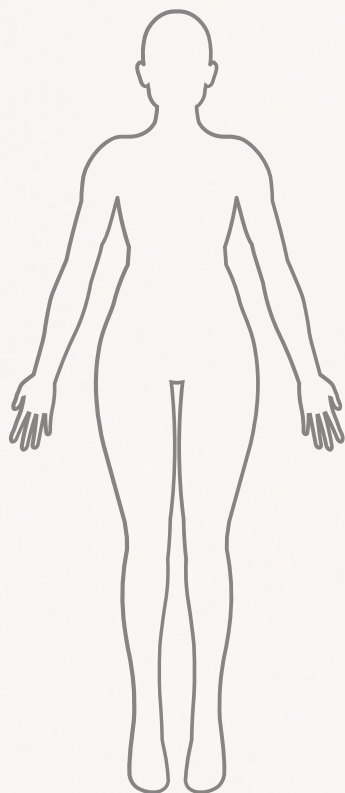
Where do you imagine or sense that emotion showing up in your body?

E.g. chest, stomach, shoulders, somewhere else?

What do you imagine it feels like?

e.g. warm, light, expansive, something else?

Write it down below:



Your Success Bank



4

Your brain is like a giant photo album and we're going to find five moments where you felt that anchor state before, even if it was just a tiny bit.

The memories don't have to be about business. And, they can be small things. The memories will come, so don't skip over or rush this part, let your brain guide you.

As the memories arise take a few moments with each one and notice the sensations in your body. Lean into the warmth and lightness, breathe into it and see if you can let it expand by 1%

1

2

3

4

5

Tap into the Feeling

5

Let's anchor that feeling directly into your body

Bring your anchor word to mind and let the warmth and openness from your five memories come alive in your body.

This is the state you are about to tap in.

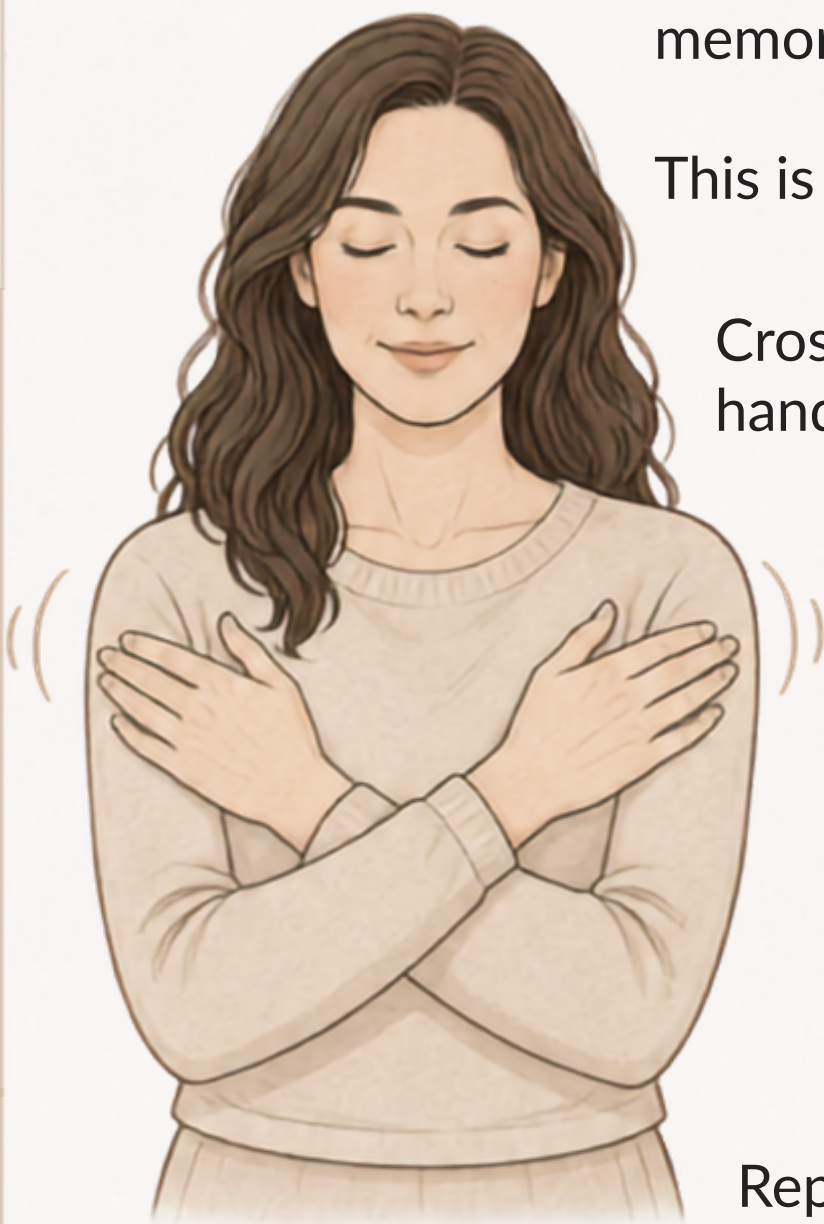
Cross your arms over your chest so each hand rests on the opposite upper arm.

Begin alternate tapping, left then right, repeating this for 60 to 90 seconds.

If your mind wanders, gently come back to the belief, memory and the feeling in your body.

Repeat this process for 4–5 sets, or until you notice an increase in the positive feeling spreading in your body.

It doesn't have to be a huge shift. Even 1% is enough to give your body new evidence that this decision can feel different.



Take Decisive Action



6

Take a moment to notice what feels different.

You might notice that the decision feels lighter, clearer, or that something inside of you has loosened its grip.

You might also notice that the shift is more subtle, or that nothing feels dramatically different yet. That's okay.

Sometimes confidence lands as a big shift, and sometimes it starts as the tiniest bit more space.

Take a moment to reflect:

- What feels even 1% easier now?
- What do I believe about myself even slightly more than I did before?
- What is the next step I can take from here?

Next Steps

This exercise is a beautiful starting point. It gives you a powerful way to access that state of calm confidence before making a money decision...

The deeper work is learning how to make this state your new normal.

This is where I can help.

In my private work, we work on the patterns, beliefs, and inner blocks that show up when you're ready to step into that next level and need to access confidence consistently.

If you'd like to explore how I could support you, book your Introduction Call below.



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www.eloisetomkins.com/introduction-call

I'd love to support you.