

Tapping Practice

One-Page Cheat Sheet

1 IDENTIFY DECISION OR ACTION

2 CHOOSE YOUR ANCHOR STATE

When making that decision I want to feel:

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

My anchor state is:

3 LOCATE IN YOUR BODY

Where do you notice it in your body?

e.g. chest, stomach, shoulders, neck,
throat, etc

What does it feel like?

e.g. warm, light, expansive

4 YOUR SUCCESS BANK

Find five memories where you felt that anchor state before, even if only a little

1

2

3

4

5

5 TAP INTO THE FEELING

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

Cross your arms over your chest. Tap gently, one hand at a time, for 60-90 seconds.



Repeat 3-5 sets.

6 TAKE DECISIVE ACTION

The next small action I feel confident to take is: