

Love Your Life Tapping Script

Truth Statement: When you say “I love my life” – how true is that for you on a scale from 0-10 (10 being the most true). Make note of this number.

While tapping the Karate Chop spot repeat these phrases:

“Even though my life is not exactly how I want it be right now, I deeply and completely accept myself”

“Even though my life is not perfect, I do have a lot to be thankful for.”

“Even though there is room for improvement, I love my life and am thankful for what I do have.”

Round One

Eyebrow: My life is not perfect

Side of Eye: My life could be better

Under Eye: There is room for improvement

Under Nose: I could be happier

Chin: I could use a lot more love

Collarbone: I wish things were better

Under Arm: My life is far from perfect

Top of Head: But it could be a lot worse

Round Two

Eyebrow: I really do have a lot to be thankful for

Side of Eye: I choose to be grateful for what I do have

Under Eye: I appreciate the person I am and who I am becoming

Under Nose: I choose to love my life as it is

Chin: Every day is an opportunity to make my life the best it can be

Collarbone: And today my life is right where it's supposed to be

Under Arm: Each day brings new opportunities for growth

Top of Head: I love my life and am thankful for all I have.

Take a deep breath. Focus on your life and how you feel. On a scale from 0-10 how true is the statement “I love my life”?

If the number went up, awesome! You have raised your vibration to a level of drawing more reasons to be happy about your life.

If your number did not change, or changed very little, try another round using specific statements of things in your life you do love – such as “I have an awesome husband/wife, I am thankful for my children, I am grateful I have an income (job, business, social security...), etc.

Everyone has something that is good about their life. This morning routine will help you to get in the habit of remembering on a daily basis.

Tip: Write one of the following affirmations on an index card and carry it around with you. Say it out loud through the day while tapping – either in a round, or on your favourite tapping point(s):

I love my life, life loves me. I now choose to allow joy and abundance to flow freely to me.

I love my life. I now create a life filled with joy and abundance.

Happy tapping!