

Personal Power Process
3 Steps and 15 Days to a More Powerful You
by Lindsay Kenny, EFT Master

This is an amazingly simple process to help you move toward self-improvement. Do the entire process and watch the shift start to occur.

- 1) Write down 20 things that are wonderful and true about you: (such as I'm intelligent, I'm resourceful, compassionate, kindhearted, a good friend, etc.)
 - Tap on each attribute (one at each point) for 2-3 rounds
 - Do two sequences a day (morning and evening are best)
 - No set-up required

- 2) Write down 5 things you would like to *change or improve* about your *character*: (such as I want to be more confident, more certain, more intuitive, more insightful, etc.)
 - a. Then take out the word "more" to make each statement definitive; "I want to be confident!"
 - b. Next rate how your ownership NOW about each of the characteristics on a scale of 1 to 10 (with 10 being great!) For instance, if you want to feel completely confident and self-assured, rate how confident and self-assured you feel now.
 - c. If at any step along the way you notice resistance or a "tail-ender" (which is a programmed limiting thought or other negative belief) stop and tap on that resistance, thought or belief. Such as "Even though I don't believe what I'm saying is possible..." or "Even though I don't deserve to feel that way..." or "Even though I don't believe this can work..."
 - ◆ For the first 5 days do 3 rounds tapping on each of your definitive statements at a different point. No set-up necessary. For instance, at the EB point say "I **want** to have clarity in my life" then SE say "I want to be joyful" UE say "I want to be patient" under the nose "I want to be calm and relaxed" etc.
 - ◆ For the second set of 5 days change the statement to "I **allow** (or **choose**) to be, such as; "I **allow** myself to be focused, I **choose** to do things on a timely basis, I **allow** myself to experience joy..."
 - ◆ For the third set of 5 days change your statements to "I **am**...(or I **have**)" such as "I **am** confident", "I **have** peace of mind", "I **am** optimistic"... "I have joy in my life."

Notice the shift by the end of the 15th day. Now rate yourself on a scale of 1 to 10 and see if you're at a 10 yet on each statement. If not you still have some work to do. But acknowledge yourself for how far you've come! If your stuck and your numbers aren't

moving, then you need to find the cause for that, such as how your parents or siblings treated you, a life-altering trauma, etc. Then tap on letting go of those obstacles.

3) Write down 10 things for which you are grateful...your pets, your health, where you live, your friends, your mother-in-law 😊 etc.

- ◆ Tap on your gratitude list everyday, one statement on each point.
- ◆ Add something to the list everyday

By completing these simple processes you will grow, shift and start experiencing more personal power. Focusing on what you have and love keeps you on the right track. Focusing on what you want, instead of what you don't want or don't have, will get you unstuck and onto the right track.