

Five Easy Steps to



Feel Great!

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Is This How You Feel Sometimes?

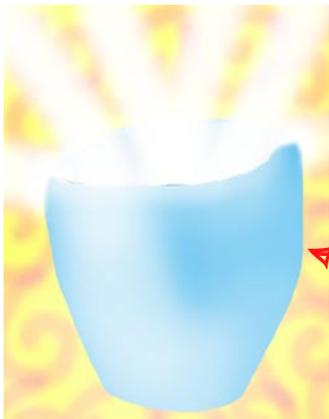
Your cup runneth over -

with pain, depression, headaches, worries, disasters, no hope, not enough money, chronic illness, self-doubt, I can't do it, my business is a flop, I

can't seem to get going, I have no energy, Help...I love what I do, but I can't see clearly enough to get out of money worry, fear, doubt and limited thinking, I know this energy and manifestation stuff but I can't seem to change the gremlin inside, I'm broke, I'm on straight commission in the second month with no money coming in, It hurts me to take money for labours of love, I have a money blockage and procrastinate, I'm always a day late, a dollar short, money comes late & not enough, I live paycheck to paycheck, I don't have financial success in my part time business yet, no matter what I do, I barely scrape by, yet can never quite get ahead, I'm afraid of flying in a plane....BLAH BLAH BLAH! Who needs it!

Most of us know the picture already. OK. So let's take those issues and dissolve them into the neutral energy they started out being in the first place, before our twisted thoughts bowled them over and turned them into Enemy #1—and 2 and 3 and 4 and...!

**Shift that yucko stuff into
creative energy you can actually use!**



This is how your cup looked when you “came in” to this life. Full of light, full of potential, full of hope and desire for a great experience.

And this is how you want to feel, right?

But as you grew up, developed into adulthood, and got older, life itself dumped on you—and dumped and dumped and dumped—until now, you have a lot of swamp rot that you would really like to dump out of your formerly-

lovely cup! Who *needs* that stuff in there??? Not you!

So tell me, what are you going to focus on in your daily life? Swamp Rot? Or Lovely Stuff?

Ahhh. That’s the Big Question, isn’t it!?! “How can I focus on the Lovely Stuff when the Swamp Rot is tripping me up—swallowing me, even?” Well, you gotta start where you are. So you need to feel what’s going on, first. Here are **five steps** to make it simple:

FEEL. DECIDE. CLEAR/CHOOSE. INTEND. COMMIT.

1. I **FEEL** what’s going on.
2. I **DECIDE** I want to shift.
3. I **CLEAR** the Swamp Rot with EFT, then I **CHOOSE** what I **PREFER!**
4. I **INTEND**, & take action to create my Something Better.
5. I **COMMIT** to navigate back whenever I slip.

1. I FEEL what's going on.

What do I feel in my body?

My belly hurts, I have a headache, my chest is tight...

What emotions am I feeling?

Anger fear, hatred, resentment, grief...

What am I thinking?

I'm so mad! I'm so afraid! I can't do it!...

2. I DECIDE I want TO SHIFT.

What is the opposite of what I am feeling in my body?

My belly feels relaxed, my head is clear, my chest is full of light...

What would I really-really-really like to feel in my body?

Calm, delighted, excited, relaxed, inspired, relieved...

What emotions would I prefer to feel?

I'm content, grateful, happy, confident...

What thoughts would I prefer?

I know I can do it! I have value! I really can speak up & be safe, too...



3. I CLEAR the Swamp Rot with EFT, and I CHOOSE what I prefer.

Even though I feel...

I deeply and completely accept myself
And I CHOOSE...

Even though I feel...

I deeply and completely accept myself
And I CHOOSE...

4. I INTEND, then take the action needed to create my Something Better.

List five actions you can do right away:

1 -

2 -

3 -

4 -

5 -



5. I COMMIT to navigate back whenever I slip.

I, _____ our name _____
commit to keeping my focus on what
I Prefer, and to navigate right back to my
Choice whenever I slip!

Today's date: _____

Let your heart fill your cup again

with all that sweet love and massive creative energy you had inside you
that was so twisted up and convoluted that all it did was hurt you!

Now you can really use it to create your Something SO Much Better!

And—now your cup looks like this!





and the

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