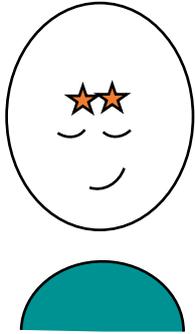


# TAP TAP TAP!

30 seconds positive tapping to visualize your day!

You can use one hand, two fingers, or both hands!



10 seconds above your eyebrow  
(...)



10 seconds side of your eye

'I can handle anything that comes my way today!'



10 seconds under your eye

'I will stay focused on what I want to achieve today!'

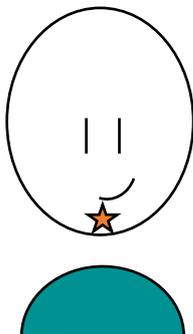


You can close your eyes but you may also keep them open



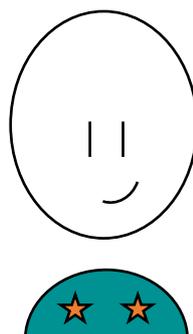
10 seconds under your nose

'I'm doing big things in my life!'



10 seconds under your chin

'I've got this!'



10 seconds under your collarbone

(...)

