



Basic Beliefs for the life you've always wanted

- I am safe
- I am loved
- I deserve to be loved unconditionally
- My life matters
- I am a good person
- I am competent
- I am powerful
- I experience life fully
- I trust myself to _____
- I forgive myself for _____
- I love and accept myself, exactly the way I am
- I love all parts of me
- I accept what I cannot change
- I let go of the need to struggle
- It's ok to make mistakes
- I am trustworthy
- It is easy and fun for me to learn and grow
- I have the power to create my reality
- There is a special place for me in this world
- I have special gifts and talents that nobody else can express like me
- I love and approve of myself
- I trust myself to make wise financial decisions
- I deserve to have all the money I need
- Abundance is everywhere in my life
- I deserve to be well paid for the work I love
- Money flows to me easily and effortlessly
- My ideal clients can afford my services
- I am ready to financially thrive now, I am moving out of the way
- I give and receive money with love and gratitude
- I am joyfully living my purpose
- It is safe for me to succeed

- I release all barriers to success
- My presence makes a difference in the world
- I trust that I will use my time wisely
- I easily balance work, rest and play
- My potential is unlimited
- I can help change the world
- I let go of the need for others' approval
- I am compassionate and curious when criticism happens
- I let go of the need to judge myself
- I forgive myself for my imperfections
- I bless and release all those who have caused me pain
- I let go of the need to be right
- It is safe for me to love and be loved
- I am worthy of loving, intimate relationships
- I have healthy boundaries in all my relationships
- I allow myself to be sensitive and compassionate in a relationship
- I am clear about what I want, and easily communicate my needs
- I am comfortable expressing my sexual preferences in a loving relationship
- I am willing to risk loving and being loved fully
- I am true to myself
- I experience the presence of God (the highest part of myself) within me
- Miracles are a natural part of my life
- I accept and embrace my life's purpose
- I embrace the opportunities that come with change
- I allow my ultimate dreams and visions to come true
- I am divine love
- I release the past and live in the now
- I am free to be happy and healthy
- I nurture my body in healthy and loving ways
- I allow the healing energy of love to flow through me now
- It is safe and enjoyable for me to be at my ideal physical weight
- I love and accept my body now, and as it changes
- I see beauty in all the parts of my body
- My body heals itself naturally and quickly
- I am the embodiment of Divine Intelligence
- My body knows just what I need, and I listen to it
- I trust the process of life

Feel free to add your own. You can do tapping on one of these areas or recite all the ones that speak to you as you go through the tapping process.

Enjoy!!