

# Five Joyful Life Tips

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**From Empower Grow Transform**

**By: Katrina L-A Davis**

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With Covid and other illnesses around this is written with no face tapping points. Use face tapping points at your own risk.

I'm not a doctor or mental health Provider of any kind.

Tapping is also called Emotional Freedom Technique (EFT) which can be described as a type of energy work. At this time, EFT has not been fully researched in western medical, psychological, educational communities and could be considered experimental and the extent of its effectiveness, risks and benefits are not fully known. Use tapping at your own risk.

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## **Five Joyful Life Tips**

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**Katrina L-A Davis**  
[empowergrowtransform.com](http://empowergrowtransform.com)

1. Emotional Freedom Technique also called Tapping. This is a simple and powerful technique that has been used to ease and release upset emotions. We use our fingertips to tap gently on specific acupressure meridian points. Tap the same pressure as tapping on a table while saying out loud what is bugging us (it can be an emotion, event or something else). This can feel relaxing.

♥ **Why I include Tapping** is it helps lower stress levels and dials down uncomfortable feelings and emotions and resistance to move forward in life.

♥ **When** to Tap is any time.

♥ **What** to Tap on is anything

Here's a quick way to tap when you're in an uncomfortable situation or something on the TV or in a meeting is triggering you. Place one hand in your lap and the other on top (like picture) and tap on the karate chop point.

Karate Chop  
(discreet) point



Katrina L-A Davis  
empowergrowtransform.com

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The more tapping is done the better you feel. Tap daily with the bonus: Empower Grow Transform Simplified Tapping Chart with fill in the blank tapping script. If you'd like to tap with videos go to Empower Grow Transform YouTube and tap on reducing stress with this link:

<https://www.youtube.com/channel/UCSffwx67l2tH7ZBIKdk8PA>

### Bonus Tapping Chart

## Empower Grow Transform Simplified Tapping Chart

1. Decide on feeling or event name that's bugging you & put it in the \_\_\_\_ (fill in blank)
2. While tapping on side of hand (Karate Chop) say out loud 3 X: Even though I \_\_\_\_ (fill in the blank with feeling or event name from step 1) I love & accept myself as I am
3. Tap gently on round points 3-5 times each (see below) & repeat 1st phrase out loud on each point. Then tap round points gently & repeat 2nd phrase out loud on each point:
  - 1st phrase: This \_\_\_\_ (fill in blank feeling or event name)
  - 2nd phrase: This \_\_\_\_ (fill in blank feeling or event name) I choose to let it go
4. Take 2 deep breaths, repeat if needed

### Karate Chop Point



Side of Hand

### Round & Non-Face Tapping Points



1. Top Of Head
2. Collar Bone
3. Thumb
4. Index Finger
5. Middle Finger
6. Pinkie Finger



**Katrina L-A Davis**  
empowergrowtransform.com  
503 272 1851

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empowergrowtransform.com



2. Forgiveness can hold us back in more than one way. Take the time to release the charge of it so you can feel more peace and joy in life. A few ways are:

- ♥ Free write/Journal about it
- ♥ Tap on the feelings that come up
- ♥ Ho'oponopono, say out loud and add Tapping on the karate chop point to this it's even more powerful:

- I'm Sorry (your name),
- Please Forgive Me (your name),
- Thank You (your name),
- I Love You (your name)

3. Self-Care - If your bucket is dry, empty and/or rusty with holes in the bottom it's difficult to have joy and energy for living. When our bucket is full it lets us be a better parent, partner and friend to self and others. Find what fills your bucket. Pay attention to what you're doing when your bucket is filling and do these often. You are worth it!

4. Start your day off great - When you wake up in the morning take 3 deep breaths in and out and tap on the karate chop point and say 3 times, I choose to have a great day! When choosing to have a great day, it puts the focus on it and it's easier to notice the great in our day.

5. A while ago I was talking to a friend and I'd said something unkind about myself and she said stop talking about my friend that way! Wow that was a wakeup call. When you catch your negative inner voice talking down about you say: "stop!" and write it down on your Tapping list and Tap on it! Often, these are distorted or old messages that aren't true. Speak kindly to yourself and love and accept yourself as you are in this moment.

### Karate Chop Point



### Side of Hand

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I hope you enjoyed the tips; they add value to your life and bring you more joy on your journey.

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