

Self esteem and Confidence EFT (mini Tap)

- Even though I sometimes worry about what others think of me I am open to becoming more loving towards myself
- Even though I often feel like I am not good enough I am open to believing in myself
- Even though I can over analyse everything I am open to letting go of any self judgment and criticism and learn to love and accept myself completely.

1. I am ready to believe in myself
2. I am ready to love myself
3. I am open to listening to myself
4. About how I am feeling
5. And what I need to feel OK
6. I will look for reasons to feel good today
7. I will appreciate everything around me today
8. I am open to stop seeing the worst in myself and focus on the good
9. I give myself permission to be kinder to myself
10. I choose to see myself through a new lens
11. Knowing that I am good enough
12. I add value to this world just by being myself
13. I believe in me

- I am calm, I am confident
- I am calm, I am confident
- I am calm, I am confident
- YES YES YES YES YES YES YES!