

The Personal Power Process



3 Steps and 15 Days to Personal Transformation

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This is an amazingly simple process, with potential big payoffs. It can help you move toward self-improvement in a focused, easy way. Even before completing the entire process, you should begin to feel the shift. Choose to make this easy...because it is. Just reading about this process won't help you. You need to actually DO it. So get your pad of paper and a pen (or use your computer,) and start now!

1) Step 1

Write down 20 positive characteristics or attributes about yourself. Such as; such as I'm intelligent, I'm resourceful, compassionate, kindhearted, I'm a good friend, I play the piano, I'm intuitive, I'm great with animals, I speak two languages, etc. Write down whatever is true for you. If you can't think of 20, ask someone who knows and loves you about some of your positive characteristics.

- Tap on each attribute (one at each point) for 2-3 rounds
- No set-up required
- Do two sequences a day (morning and evening are best)

If negative thoughts come up for you while doing this such as "I'm not really *that* smart, or I'm not anything exceptional, then write those down to tap on. Do not do this process comparing yourself to *anyone* else. Simply note the things that *are good about you*.

Step 2) Write down 10 things for which you are grateful...your pets, your health, where you live, your friends, your mother-in-law 😊 etc.

- ◆ Tap on your gratitude list every day, one statement on each point.
- ◆ Add something to the list every that you are grateful for from the day. It could be a compliment from a someone, or how you felt when you helped an old lady

across the street, or completed a task you've been working on. It could be finding a \$20 bill in your coat pocket or a good parking space in the rain.

Step 3 – (with multiple parts) Write down 5 things you would like to *change or improve about your character*. Such as; I want to be more confident, more certain, more intuitive, more insightful, less angry, less bitchy, less messy, less lazy etc.)

- a. **Now, take out the words “more” or “less” to make each statement positive and definitive;** “I want to be totally confident!” (instead of just a *little more* confident) “I want to be certain in my attitude and communications” (instead of *more* certain) “I want to be kind and accepting of others” (instead of less bitchy) “I want to be clean, neat and orderly” (not less messy) Instead of “I want to be less Lazy...” *Really? Is that all you want? Just to be is LESS lazy? I doubt that.* **Be definitive. Say what you really want.** “I want to have great energy and feel excited about doing things” Get it? 😊
- b. **Next, rate how your ownership NOW about each of the characteristics you want,** on a scale of 1 to 10 (with 10 being I really own that already!) For instance, if you want to feel completely confident and self-assured, rate how confident and self-assured you actually feel now (zero would mean not a all!)
- c. **If at any step along the way you notice resistance or a “tail-enders” (which is a programmed limiting thought or other negative belief) stop and tap on that resistance, thought or belief.** Such as “Even though I don’t believe what I’m saying is possible...” or “Even though I don’t deserve to feel that way...” or “Even though I don’t believe this can work...**I do WANT to be (or feel) that way**”
 - ◆ **For the first 5 days, do 3 rounds tapping on each of your definitive statements at a different point, using an “I want to” statement. No set-up necessary.** For instance;
 - **EB** point say “I **want** to have clarity in my life” then
 - **SE** say “I **want** to be joyful”
 - **UE** say I **want** to be patient”
 - **UN** say “I **want** to be calm and relaxed” etc.

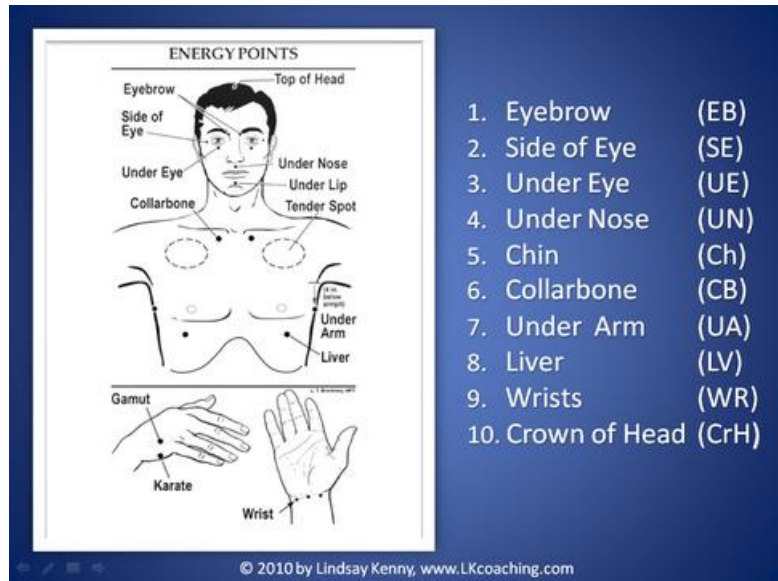
Again, say a desire statement, while tapping at each point, for two rounds, stating the five things you want to improve about yourself.

See our Tapping Chart on the next page

- ◆ For the **second set of 5 days** tap on each point using a different kind of desire statement at each point. Simple change the desire words I want to “**I allow (or choose,)** such as;

“I **allow** myself to be focused, I **choose** to do things on a timely basis, I **allow** myself to experience joy...

- ◆ For the **third set of 5 days** change your statements to “**I am...**(or **I have**)” such as “**I am** confident”, “**I have** peace of mind”, “**I am** optimistic”...”**I have** joy”



Notice the shift by the end of the 15th day. Then rate yourself on a scale of 1 to 10 and see if you’re at a 10 yet on each statement. If not, you still have some work to do. Just acknowledge yourself for how far you’ve come, but keep going! If you’re stuck and your numbers aren’t changing, then you need to find the cause for that, such as how your parents or siblings treated you, a life-altering trauma, etc. Then tap those away.

By completing these simple processes you will grow, shift and start experiencing more personal power. Focusing on what you want, instead of what you don’t want or don’t have, will get you unstuck and onto the right track.

Good Luck and Good Tapping,



Lindsay Kenny