4 Ways To Be UNSTOPPABLE You!

by Sally Cerasco

What is EFT (Tapping)?

EFT Often Works When Nothing Else Does!

Tapping is a modality that I have used to literally transform myself and my clients for many years! It is astonishing that something so simple and easy can be so powerful!

Tapping is based on your body's energy system. You can use Tapping to Tap into abundance in all areas of your life.

You can tap to remove and release those limiting beliefs that have been holding you back or stopping you from living the life of your dreams.

In this short guide there are some powerful exercises that will help you get started and move you closer to living your dream life. So please get started now and use these along with some consistent Tapping and you will be so pleasantly amazed at the results you can get!

How would it feel like to live out your dreams? To wake up excited and love what you do?

Be UNSTOPPABLE You!

I invite you to jump on a call with me so I can show you how to Tap for whatever you need in your life. It's

FREE

https://sallycevasco.com/freetapping

1) Maintain an Attitude of Gratitude!

A) Keep a “Gratitude Journal” next to your bed and write at least 4 things you are grateful for each morning before you rise.

B) There are any number of possible thoughts and patterns that your brain keeps having and doing that impact your life every day.

You may not even be aware of what all of your limiting blocks are. Some of these limiting
blocks were implanted on you at a very young age.

Do a quick assessment with yourself and write down anything that comes up for you.

Example 1: You may be bringing up things like fear of failure because you were told you were a failure or not good enough as a child.

Example 2: You may be bringing up things like feeling “not smart enough” because of the things one or both of your parents or even another well meaning adult kept saying to you as a Child.

Example 3: You may be bringing up negative self talk that has sabotaged your success in the past because of fear.

2) "Clean out your "junk drawer!"

The universe will always deliver what you are wanting but it won't show up until there is space for it.

Are you physically and mentally holding on to things that no longer serve you?

A) Choose one drawer, closet, room that really needs a good purge and focus on cleaning it out and getting rid of everything that you no longer use, need, and is not serving you. Donate anything that might be useful to others and discard (trash) anything that is of no use.

Example 1: You may be saving clothing that you haven't worn for years and probably will never wear again because it has "sentimental" value to you.

Example 2: You may be saving some things for that "just in case" time that you might need it but you've had it stashed in the closet or drawer for years and that "just in case" time hasn't presented itself in all of those years.

B) Do a quick assessment with yourself and write down 3 things that came up that you have identified as "blocks" that are holding you back emotionally. Expand on how they have sabotaged you getting what you really want in life.

Example 1: Are you afraid of failure? Are you afraid of success? (Yes, sometimes fear of success holds us back from taking the very action that would get us to our goals!)

Example 2: Are you paralyzed in your comfort zone which keeps you stuck and in inaction?

B) Continue to keep your “Gratitude Journal” next to your bed and write at least 4 things you are grateful for each morning before you rise.

2) Reflection

Write them down in your journal, and recite them to yourself throughout your day.

What does being unstoppable mean to me?

How can I best express my gifts in a way that rewards me, fulfills me and allows me to make a positive impact in the World?

2) Affirmations

I am worthy of an abundant life

I have the power to decide what my life looks and feels like

I nurture my life with the confidence that everything will work out for the best

I can create an amazing life at any age and under any circumstance

Remember, NO NEGATIVE SELF TALK ALLOWED!

I DESERVE TO BE HAPPY & ABUNDANT!

I “Show up” as the BEST version of me!

I’m UNSTOPPABLE!

3) Build in a reward system for yourself!

One of the things I advise everyone to do is when you have to tackle a project or a task that is your least favorite but you know you have to do it, make sure you have a reward in mind for when it is completed.

Example: I'm not crazy about getting on the treadmill but the carrot I dangle for myself as a reward is that I will have a delicious cup of coffee made from freshly ground coffee beans when I'm done.

Also, there is that icky saying but it's true: "Eat the frog first." So instead of putting it off just do it and then it won't be hanging over you anymore.

It's not always possible but if there is any way you can delegate and outsource anything that is not in your zone of genius then do it.

4) Remember my favorite saying: "It's mind over matter, if you don't mind, it doesn't matter!"

It's just like that old saying goes, "Don't sweat the small stuff, it's all small stuff!"

I had a client that would get so irritated all day long about all of the little things that happened. It was literally ruining his life and making him so unhappy every day.

One day when he was in a foul mood about some radio station he'd been listening to my response was "You need to change the channel! It's ruining your life."

He listened, we did some Tapping exercises for a while and I'm so delighted to say his mood lightened up and he was more relaxed and genuinely happy and enjoying life after that.

What are YOU thinking? Choose wisely, it will come. You are meant to be happy and abundant!

Again, I invite you to hop on a call with me and let's do a round of Tapping on your chosen subject! It's **FREE**!

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