



# Project Me Morning Tapping Script

While tapping on thymus:

I love and accept myself, exactly as I am. (3 x)

I love and accept others, exactly as they are. (3 x)

I feel awake, energised and ready to have an amazing day. (3 x)

Hand on heart, think of something you're feeling grateful for today.

While tapping on thymus:

I feel... (and think of how you want to feel today.)

Hands in prayer: As I think, so it is.

Namaste!