



Ep 11: EFT (Emotional Freedom Technique) 'Tapping'

What's a situation that causes you some stress, anxiety or worry?
Describe it below.

Right now, in this moment, what emotions come up for you when you think about this? How does it make you feel?

Where do you feel it in your body? If you had to give it a colour or shape, what would it look like?

Has there been another time that this has affected you in a limited or negative way? What emotion come up when you recall that time?

How do you think this is potentially limiting you?

Could this be affecting your physical health? Your mental wellbeing?
How?

What might be possible for you if this emotion was no longer within you?

How you would feel in your mind, heart, body if this were released - gone for good?

Are you willing to look at this again on a deeper level using a tool, such as Tapping?

Well done. It's not easy to look at the emotions we don't want to think about. Thank yourself for doing this. ❤️



Questions to help kids to dream BIG:

Where would you like to travel one day? What would you do when you got there?

What things would you like to be good at one day?

What do you see yourself doing in 5/10/20 years time?

What will you do for fun? What will your hobbies be?

Will you play any sports, musical instruments or have any special talents?

How would you like to feel in the future?



Thank you for listening to the Project Me Podcast!

The free app I referred to in this episode is The Tapping Solution.
Zandra Spencer is the 1:1 EFT Practitioner I worked with.
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The Project Me book is available on Amazon and all good book sellers.

Instagram @kellyprojectme
Facebook: Project Me - Kelly P

Until next time, open your mind, open your heart - and stay curious.

Positively yours,
Kelly x



Kelly Pietrangeli is the creator of Project Me, a global movement of women who are stepping out of auto-pilot and consciously creating their lives.

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