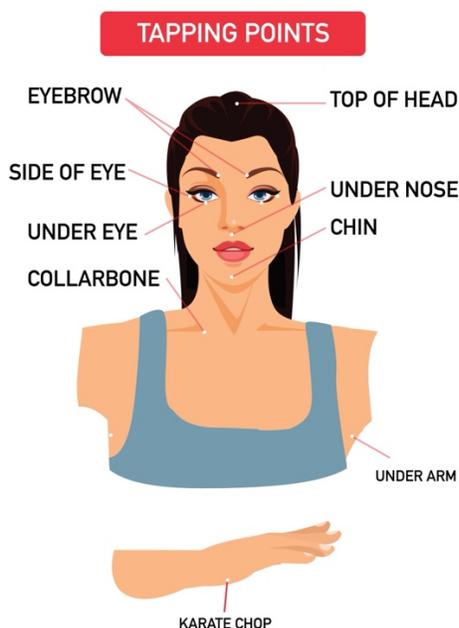


The Financial Reset Tapping Routine

Tapping is a somatic technique that uses gentle pressure on specific meridian points to calm your nervous system and release the physical weight of stress. Simply use your fingertips to gently tap on each point while focusing on your breath and the words provided to help your body shift out of stress and into a state of calm.



The Setup (The "Karate Chop" Point): Tap the side of your hand and say 3 times:
Even though my body feels this 'financial alarm' right now, and I'm feeling stressed about my money, I choose to breathe and accept how I feel.

The Sequence (Releasing the Stress): (repeat each statement 3 times while tapping)

- **Eyebrow:** All this worry about the numbers.
- **Side of Eye:** My body feels like it's on high alert.
- **Under Eye:** I'm so tired of feeling this way.
- **Under Nose:** This physical alarm in my system.
- **Chin:** I've been carrying this stress for so long.
- **Collarbone:** It's hard to think clearly when I'm scared.
- **Under Arm:** This heavy feeling in my chest.
- **Top of Head:** I am acknowledging the weight of this stress.

The Shift (Inviting Peace): (repeat each statement 3 times while tapping)

- **Eyebrow:** I'm choosing to let my nervous system settle.
- **Side of Eye:** I don't have to solve everything in this second.
- **Under Eye:** Releasing the tension from my shoulders.
- **Under Nose:** My worth isn't defined by my bank account.
- **Chin:** I am opening up to a little bit of peace.
- **Collarbone:** I am quietly listening to what I actually need.
- **Under Arm:** I am safe, I am grounded, and I am okay.
- **Top of Head:** I am creating space for new, abundant possibilities.