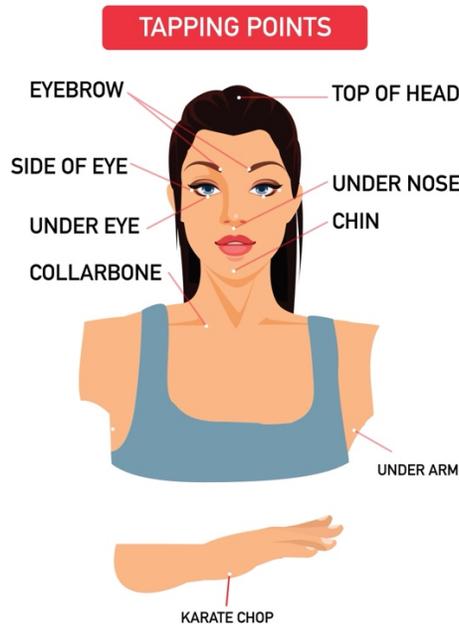


# Worthy of Wealth Tapping Routine

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 I've been stuck in a cycle of 'not enough,' I am choosing to believe that I am worthy of abundance, and I accept myself exactly as I am."

**The Sequence (Clearing the Old Story):** (repeat each statement 3 times while tapping)

- **Eye brow:** This old habit of expecting the worst.
- **Side of Eye:** The fear that there will never be enough.
- **Under Eye:** The guilt I feel when I think about wanting more.
- **Under Nose:** This tension that says I must struggle to succeed.
- **Chin:** All the times I've felt "behind" or "unworthy."
- **Collarbone:** The heavy weight of financial doubt.
- **Under Arm:** This tightness that keeps me small.
- **Top of Head:** Releasing the belief that I don't deserve peace.

**The Shift (Stepping into Abundance):** (repeat each statement 3 times while tapping)

- **Eye brow:** I am opening my heart to new possibilities.
- **Side of Eye:** I am worthy of a life that feels spacious and free.
- **Under Eye:** My net worth is not my self-worth.
- **Under Nose:** I am ready to see the opportunities right in front of me.
- **Chin:** I trust that abundance is flowing toward me.
- **Collarbone:** It is safe for me to be wealthy and well.
- **Under Arm:** I am aligning my spirit with my bank account.
- **Top of Head:** I am a magnet for peace, joy, and overflow.