

Tapping to excel at performance

Process

1. What do I want the outcome(s) to be?
 - a. List what you want in detail
 - i. Outcome you want
 - ii. Why you want that outcome
 - b. What resistance or emotional concern do you have when you tune into the outcome?
 - c. Tap
 - d. What resistance or emotional concern do you have when you tune into the why?
 - e. Tap
 - f. Rewrite the outcome(s) and why(s)
 - g. Repeat process as needed
2. What could go wrong?
 - a. Imagine it not working out.
 - b. What resistance and emotion do you feel when...
 - i. Thinking about failure?
 - ii. Taking action and failing?
 - iii. Being seen failing?
3. What could go wrong when it goes right?
 - a. Imagine it working out.
 - b. What resistance and emotion do you feel when...
 - i. Thinking about success?
 - ii. Taking action and succeeding?
 - iii. Being seen succeeding?
4. What is one thing I can do right now to make it more likely I will have success?
 - a. Name action
 - b. Imagine doing the action
 - c. Notice the resistance to the action
 - d. Tap as needed