

# *Tapping Affirmation - Open to Possibilities*

## *Tapping Points*

I am “your name”, I am worthy of receiving  
3X (Karate Chop - side of hand)  
Starting at top of the head, following each point  
down

I am open  
I am creative  
I release my limitations  
I am optimistic  
I see opportunities  
I step into my highest potential  
My experiences support my growth  
I choose my brightest future

