

Tapping Affirmations for Self Confidence

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 trust my judgment
I am assertive
I am discerning
I say no with confidence
I show compassion to myself
I learn from my experiences
I surround myself with positive people
I do what makes me happy

