



REPROGRAMMING STATEMENTS

These are helpful for whatever issues or qualities you want to change.

Use these statements with EFT tapping technique for permanent results.

Do as often as you feel like.

Say each statement 3 times in a row, while tapping on the spots indicated.

I release any and all beliefs, perceptions and judgments that I am not worthy, supported or deserving of . . . *wealth, success and fulfillment. Or nurturing love and support. Or being completely supported in fulfilling my dream life. Or perfect health, etc.*

I release all need or desire to believe that I am not worthy, supported or deserving of . . . *wealth, success and fulfillment etc*

I now completely accept and believe, and instruct my subconscious to accept and believe on every level of my being that I am worthy, supported and deserving of . . . *wealth, success and fulfillment, etc.*



