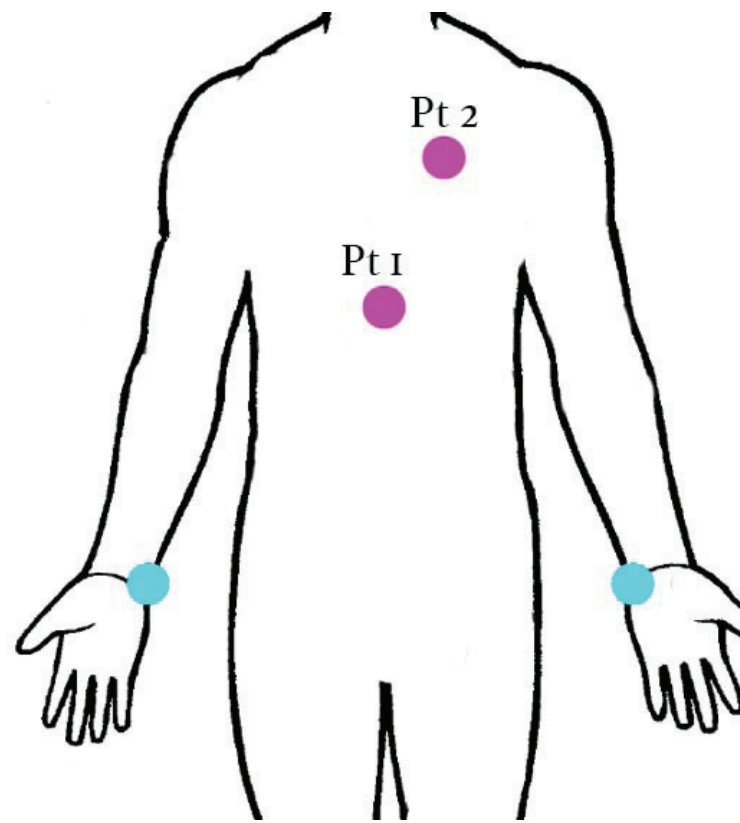


Belief Reset Tool

To help your system reframe and release negative thoughts, it's helpful to first identify them, and then to construct a statement that is the opposite of that negative thought. You want to replace the negative with the positive, or another negative thought will probably fill that space. Nature abhors a vacuum, and it is never more true than in situations such as these.

Negative thought/belief: _____

Positive thought/belief: _____



Negative thoughts might include:

- Imposter syndrome
- I don't like marketing
- I've only seen marketing done badly
- I'm not confident in myself or my product/service
- I don't feel competent to market or to provide my product/service

Procedure:

1. Place your right three fingertips on Pt. 1 and your left three fingertips on Pt. 2. Keep contact with both points as you tap.
2. Tap point 1 then point 2, 60 seconds each while repeating the negative thought.
3. Then massage R-H7 then L-H7 clockwise for 60 seconds each while thinking about the positive thought.