

EFT: BOOSTING ENERGY FOR DECLUTTERING

INTRODUCTION:

Find a quiet and comfortable space where you can focus on increasing your energy and motivation for decluttering. Take a deep breath in and exhale slowly to center yourself. Let's use EFT tapping to boost your energy and continue making progress in decluttering.

Setup Statement (Karate Chop Point):

"Even though I feel drained and overwhelmed by clutter, I deeply and completely accept myself and my intentions to create a more organized and peaceful space."



EFT: BOOSTING ENERGY FOR DECLUTTERING

TAPPING SEQUENCE

ROUND 1 - ACKNOWLEDGING FATIGUE:

Tap each point about 5-7 times while repeating the following statements:

1. Eyebrow: I feel so tired from decluttering.
2. Side of the Eye: It's exhausting going through all this stuff.
3. Under the Eye: I'm drained both mentally and physically.
4. Under the Nose: Decluttering takes so much energy.
5. Chin: I accept these feelings of fatigue.
6. Collarbone: It's okay to acknowledge my tiredness.
7. Under the Arm: I give myself permission to release this fatigue.

Take a deep breath in and let it out.



EFT: BOOSTING ENERGY FOR DECLUTTERING

TAPPING SEQUENCE

ROUND 2 - RECLAIMING ENERGY:

Tap each point about 5-7 times while repeating the following statements:

1. Eyebrow: What if I could replenish my energy?
2. Side of the Eye: What if I found joy in the process?
3. Under the Eye: I choose to regain my vitality.
4. Under the Nose: I can break this decluttering into manageable steps.
5. Chin: I am capable of maintaining my energy.
6. Collarbone: I choose to find inspiration in creating order.
7. Under the Arm: I can keep my energy levels high.

Take a deep breath in and let it out.



EFT: BOOSTING ENERGY FOR DECLUTTERING

TAPPING SEQUENCE

ROUND 3 - RECONNECTING WITH PURPOSE:

Tap each point about 5-7 times while repeating the following statements:

1. Eyebrow: I reconnect with my decluttering goals.
2. Side of the Eye: I remember why I started this journey.
3. Under the Eye: A clutter-free space is my vision.
4. Under the Nose: I release any doubts about my abilities.
5. Chin: I am motivated and determined.
6. Collarbone: I choose to channel my energy into decluttering.
7. Under the Arm: I am empowered to continue.

Take a deep breath in and let it out.



EFT: BOOSTING ENERGY FOR DECLUTTERING

CONCLUSION:

Close your eyes, take a deep breath, and visualize yourself feeling revitalized and motivated to continue decluttering your mind and your home. See the clutter gradually diminishing, leaving behind a serene and organized space.

Remember that decluttering is a journey, and it's okay to take it one step at a time.

Now re-assess how you feel on a scale of 1 to 10.

Use this EFT script as often as needed to help you boost your energy and maintain your momentum in the decluttering process.

You have the energy and determination to create the environment you desire!

