



Nick Ortner: Welcome to the Motivate Me To...Have A Productive Day Tapping meditation. In this quick process we're going to supercharge your focus and energy and release any resistance you may have to being productive.

When you think about your resistance to being productive today, what thoughts or feelings come up? Do you say things to yourself like, "I'm always procrastinating" or "I'm tired" or "I can never focus". Let those thoughts and that resistance come to mind and feel them in your body. How strong is that resistance, the part of you that says you can't have a productive day, on a scale of 0-10?

And let's take one gentle deep breath in, and out. And start tapping on the side of the hand, the karate chop point, and repeat after me, in your mind or out loud. As always we start by focusing on the negative statements, the truth of how we feel, in order to release them with Tapping and then turn towards the positive.

KC: Even though I feel so resistant to being productive, I choose to relax and release this resistance now.

KC: Even though being super productive feels difficult, I choose to relax these old beliefs now.

KC: Even though I've had so many unproductive days, and they're influencing today, I choose to let the past go now.

EB: I don't want to be productive

SE: It feels hard

UE: It doesn't feel fun

UN: And I always seem to procrastinate

UM: Or lose focus

CB: And I never get done what I want to get done

UA: And then I get frustrated with myself

TH: And with life

EB: And that's OK

SE: I'm human

UE: Doing the best I can

UN: With the resources I have

UM: And the more I release this frustration

CB: And all this old resistance



UA: The more I start to let go
TH: The more productive I am

EB: I've made being productive about being "perfect"
SE: But that's not quite right
UE: I can be productive without being perfect
UN: I can have a great day, get a ton done, and then let go of the rest
UM: What if I could make productivity fun?
CB: What if I could enjoy every task, big or small?
UA: What if I could be present and grounded all day long?
TH: And find the joy in a productive, calm day?

Now I want you to go back to the eyebrow point, tapping gently, and I want you to envision your productive day...whatever that looks like to you.

Side of the eye, a productive day doesn't have to be a perfect day,

Under the eye, envisioning your productive day. A productive day is one where you do the best you can and then let go,

Under the nose, see that happening now, envision doing the best you can, and letting go,

Under the mouth, and notice that with every tap, you release the resistance to being productive. With every tap you release these old stories about whether you're a productive person or not, and you begin to envision a new version of yourself that flows with your day and flows with life.

Collarbone, see that happening now, see and feel yourself motivated, productive and allowing your day to flow

Under the arm, make this a reality in your life and being now.

Top of the head, this is who you can be, this is who you are. Allowing, motivated, productive, and filled with joy in every step.

And you can gently stop tapping and take a deep grounding breath. Inhale and exhale. How do you feel now? Tune in to that initial resistance to having a productive day. What is your resistance level now, on a scale of 0-10.

Hopefully, you've cleared some resistance and are ready to have a fulfilling, productive day! Remember, it's not about being perfect. A productive day is one where you are grounded, where



you flow, where you allow, and it's within those states you get the right things done, the things that matter in your life.

The more you do this process, the more you'll establish this pattern until it becomes second nature for you. I am wishing you a productive, joy-filled day!

Until we tap together again, this is Nick Ortner, take care and keep tapping!