



Setting Yourself Up For Success: How to Build A Morning Tapping Routine that Transforms Your Energy, Focus and Productivity

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Your initial morning activity typically sets the tone for your entire day, so if you start the day feeling rushed and scattered, well, the rest of the day is unlikely to be any better. But with some simple tapping techniques you can change your morning and quickly feel grounded, focused, and ready for a productive day. And while this is ideally done in the morning, you can actually do it any time of the day that you feel you need more clarity, or you need to clear the overwhelm and boost your productivity.

So many of us go through our mornings, and then through the whole day, without too much thought; we just go with the flow. But when you take a few minutes in the morning to check your status, the way a pilot does his or her pre-flight check on a plane, this allows you create the day that you want and, more importantly, the experience that you want. I always try to do it specifically in the morning, because if I don't, I'll usually notice within a couple of hours, that I'm not as energized and focused as I could be. If this happens, I'll stop and do it!

Tapping in the morning is so powerful, because it sets the day right for the energy, the intention, and the experience that you're going to have throughout that day.

The best way to start is with a simple question: how am I feeling? So pause, take a breath, be intentional, and connect with what you are feeling in your body. And if you're feeling something negative, tap on that. And even on the days where you're not feeling anything negative, choose what emotion you want to bring into our day. Most mornings I will choose to bring energy and focus into my day. Even if I'm feeling great today, if I'm not feeling anxious, or stressed, or overwhelmed, or whatever it might be, I will choose what I want my driving emotion to be.

But on those days where I *am* feeling something negative, typically it's the anxiety, the stress, the overwhelm, just the general noise of life because of the busy world and society that we live in now, I will tap those feelings away and replace them with better ones.



Emotions are really the fuel that gets us to our destination. If we don't choose the right emotions for our day, if we're not conscious about what we're feeling, we're not going to be able to bring the energy that we want to the day, and more importantly, we're not going to be more resourceful. We've talked about it before: when we are triggered, our amygdala fires, our prefrontal cortex goes offline, and we're just not resourceful. So when we don't have the emotion that we want, we're not able to use our full capability and resources on a daily basis.

Often when we look at our to-do list and we're feeling these negative emotions, it's hard to prioritize, it's hard to get started. It all sounds like noise, the noise of the million things we have to get done.

So let's do some tapping. Now, regardless of whether you are listening to this late at night, or early in the morning, this is relevant at any time of the day. You can still tap, and then either come back to it in the morning or just be inspired by it and begin to create their own practice in the morning.

So let's start off with taking a deep breath in. This helps us to relax and connect, so take a deep breath in, and breathe out. Notice what you're feeling. Nine out of ten times it'll be that stress, anxiety, and overwhelm of just everything going on, but if there is something else going on for you, if you're feeling sadness or anger or resentment, just connect with that and notice where in your body you feel it. Is it a tightness in your chest? Is it a queasiness in your stomach? Where is it that you feel the emotion most? Describe it here:

We're going to tap on general stress, anxiety, and overwhelm. But whatever it is for you, bring up that feeling. So let's take one more deep breath in, and breathe out. And calibrate the intensity, from zero to ten, with ten being absolutely high anxiety, overwhelm – I like to classify ten as almost an anxiety attack, if it's anxiety – and zero being nothing, you feel great, absolutely no anxiety and ready to move forward with your day. So go ahead and do that

Then we're going to start tapping on the karate chop point. If you have a different emotion, just say whatever that emotion is to yourself.



So tapping on the karate chop point.

Side of Hand Even though I'm feeling all this anxiety and overwhelm
I acknowledge and accept how I feel

Even though I am feeling all this anxiety and overwhelm
And I just don't know how to move forward
I acknowledge and accept that this is how I feel right now

Even though I'm feeling all this stress and anxiety
And I'm so overwhelmed by the noise of my life
I want to find a way to release this now

Eyebrow	All this anxiety
Side of Eye	All this stress about my day
Under Eye	All of this overwhelm
Under Nose	I have so much to get done
Under Mouth	And I don't know how to manage it all
Collarbone	All this stress and anxiety
Under arm	It can feel so overwhelming
Top of Head	I don't know how I'm going to deal with it all

EB	But I'm open to finding a solution
SE	To move my way forward
UE	And release this anxiety and overwhelm
UN	But I just don't see how it's possible
UM	I'll still have a million things to do
CB	I don't know how to release this
UA	But what if I could just breathe in my body?
TH	I choose to relax now

EB	Knowing I have everything I need inside me now
SE	I choose to relax
UE	And release this overwhelm
UN	I have everything I need within me now
UM	I can take this day on
CB	One step a time
UA	No matter what happens
TH	I am safe



EB Allowing my body to breathe
SE Knowing that everything is okay
UE I can ground myself at any moment
UN And know that I am safe
UM I choose to relax my body now
CB And know that I am safe
UA Allowing my body to breathe
TH Knowing that everything is okay

Stop there for a minute, and take a deep breath in, and let it out. We're now going to do another round of positive tapping. I always want to choose the emotion that we want to bring into our day. But I like to separate it a little bit just to show you what I do. What we just did was some tapping on the negatives, and then we allowed our body to relax and breathe. Now we're going to go to a place where we choose what emotions we want. But first, let's go ahead and calibrate again. So notice in your body whatever it was that you were feeling before, and when you measure the level of anxiety or stress or overwhelm, how strong is it for you now from zero to ten? Is it still that nine, or has it dropped at all? There's no right or wrong answer, just be honest with yourself and feeling into our body ____

There is such tremendous power in vocalizing what we're feeling. Tapping can be powerful when we're just thinking about what we're feeling, but whenever we have the space to actually vocalize it, there's additional power, and great release.

Notice that voice that we sometimes get when we're trying to think, "Okay, I can feel calm," but the little voice says, "Yeah, but..." And a resistance comes up, saying, "Yeah, but I still have this long list!" Giving that a voice is so powerful! I want to bring it up as an invitation for you, that if you hear that "Yes, but..." voice, and you hear that resistance, see it as a wonderful thing. Now you know what to say, what to bring up.

It's common, when you're going to tap on your overwhelm, that an initial reaction might be that it's not going to make your to-do list go away, so how is it going to help? The truth is that it's not going to change the reality of things, but we need to process the emotions underneath the issue, to be able to become more resourceful. When we do, all of a sudden there are shifts. You may realize that if you just organize yourself and take it one task at a time, you'll be able to move forward with much less stress, or that you'll be safe. It's really important to recognize that "Yeah, but..." voice that we all have, vocalize it, and then move forward in processing the message.



Let's just do a quick round of tapping now on whatever emotion you choose to bring into the day. I'm going to choose energy and focus, as that's what I typically love to bring into my day, but you can either go with these emotions, or choose any others that you feel you want to incorporate into your day. Describe them here:

We won't even go to the karate chop point here, because if you were doing this on your own you'd probably just keep going with the flow. So let's just go to the eyebrow point, and use these emotions, or whichever you decided on above.

Eyebrow	I choose energy and focus
Side of Eye	To have a productive day
Under Eye	I choose to be energized today
Under Nose	I choose to be focused today
Under Mouth	I am in charge of the emotions I choose
Collarbone	And I choose energy and focus today
Under arm	I have so many things I want to get done
Top of Head	So I choose to be energized and focused today

EB	Raising the energy in my body now
SE	Focusing my mind towards what I want
UE	Raising the energy in my body
UN	Focusing on what I want for my day
UM	I choose to have a productive day
CB	Where I enjoy the experience
UA	I can be busy and calm today
TH	By choosing to be energized and focused

Take a deep breath in, and let it out. And remember, it's not just about the emotions you don't want, it's also important to focus on the emotion you do choose. We want to replace what we don't want with what we do want, and we want to be conscious of what we want.

There are also days where you may feel that one emotion is going to serve you more, depending on the type of work that you're going to do, and on another day it may be a different emotion, so that's what you tap on for that day. So consciously choosing the emotion you bring into that day, allows you to bring the best parts of yourself out, for what-



ever it is that you want to accomplish in that day.

When I begin my day, I like to choose three things that I want to achieve. Some people like to focus on just one thing, or maybe two, but it's important to start your day with a short list of things to achieve, because otherwise it is so easy to get lost in that huge to-do list and just work on the easy things, and pretend that you're moving forward. But at the end of the day you're not going to feel good if you're just doing the little things to be busy rather than doing the things that move your life forward.

It's also important to recognize that no matter what level of success you attain, there will always be some self-doubt in there. People often have this feeling that, once they reach this level, once they achieve these goals, they'll be confident enough and won't doubt themselves. But the reality is that you could look at some of the most successful people in society, whether they're speakers or actors or whoever they may be, they still have to overcome self-doubt on a daily basis.

So if you doubt yourself and your ability to achieve anything in life, know that you're not alone. It's not that there's something wrong with you, it's not that you don't have any confidence, it's that self-doubt is a natural protection mechanism. It's a way your subconscious mind keeps a check on you, considering "Is this safe? Can I move forward?" And it's up to you, as the author of your life, to determine whether this is safe and you can move forward in creating the life you want to create.

One of the most interesting things that we have found as a consequence of our success at The Tapping Solution is that we've been able to meet other very successful people, often way more successful than we are! And as we work with them, we begin to realize that these "successful" people, who perhaps have been in a blockbuster movie or who are running a multimillion dollar media company, still have frequent self-doubts. They will never disappear completely, but we can learn to navigate them and not let them control our destiny.

Making peace with that voice of self-doubt, and learning how to address it, will give you so much freedom!

So with that, let's do some tapping to help lower that self-doubt, to bring in that confidence, feel more powerful, and be able to take a step forward. Go ahead and take a deep breath in and breathe out.



Now complete this sentence:

"I'm doubting myself because _____"

What comes up for you? When you think about the things that you want to accomplish not only today but this week, this month, this year, or maybe just over the next five or ten years, what are those audacious dreams that you have where you are doubting your ability to move forward? Finish that question, and notice what comes up. There's no right or wrong answer. You might have some nasty language that comes up, but don't criticize the language. Honor it as what is underneath, and recognize what that is.

Then notice, once you have completed that statement, how true it feels for you on our scale from zero to ten. Say it out loud, and feel how true it is from zero to ten, where ten is yes, that's an absolutely fact, and zero feels like it doesn't resonate with you at all. Notice where that is for you, to give you a sense of where you're starting out: ____

Then we'll tap on the karate chop point:

Side of Hand Even though I'm doubting myself
Because... (fill in the blank)
I acknowledge and accept how I'm feeling

Even though I'm doubting myself because...
I acknowledge and accept how I'm feeling
I am doubting myself right now
But I choose to release this energy

Eyebrow	I am doubting myself
Side of Eye	I don't think this is possible for me
Under Eye	Who do I think I am?
Under Nose	Maybe I'm not smart enough
Under Mouth	Or capable enough
Collarbone	I'm just not good enough
Under arm	Maybe I'm not a hard-enough worker
Top of Head	I have made so many mistakes in the past



EB Why would this be any different?
SE I am just not smart enough
UE I am not capable enough
UN I am just doubting myself
UM To keep myself safe
CB But I'm playing small
UA I thank my body and brain
TH For trying to keep me safe

EB But I am safe in this moment
SE I am safe to move forward
UE I choose to release this self-doubt
UN And believe in myself just a little bit more
UM What if I could be safe moving forward?
CB What if I just haven't had the right experiences?
UA My failures in the past
TH Do not mean failure in the future

EB I am grateful for my past mistakes
SE Because they have taught me so much
UE I choose to release this self-doubt
UN Knowing it's just trying to keep me safe
UM But I choose to move forward with my life
CB To become the full expression of who I am
UA I know I am meant for more
TH I have so much more within me now

EB I choose to be a little more confident
SE To believe in myself a little more
UE And as I do
UN My experiences will prove me right
UM I can succeed
CB And accomplish the things I want to accomplish
UA I am enough right now
TH I am safe right now



EB I am enough
SE There is no need to doubt myself
UE And even if I do
UN I can release it and still move forward
UM My dreams are bigger than my self-doubt
CB And I choose to move forward
UA Knowing that I am enough
TH And I am safe

Once again, take a deep breath in, and let it out, and notice what you're feeling in your body. Notice if you have more relaxation in your body, and go ahead and calibrate again. When you repeat that statement of, "I'm doubting myself because..." whatever that was – go ahead and say that out loud to yourself right now – notice how true that is for you now from zero to ten ____

Also notice what other thoughts may have come up as you were doing the tapping. Did you have thoughts that maybe you are enough, or maybe you can get this done, or maybe it is safe enough to make this happen? Describe them here:

Here's a technique I use when I'm getting ready to speak: I envision myself speaking, and I notice what I am feeling in my body. Then I tap on each of the different things that I feel in my body, one at a time.

So you can use this strategy to envision your future and overcome the self-doubt that you may have. It's important to look at all of the different elements that you visualize and notice what you feel, until you can get yourself to a point where you can envision every aspect, every variable that you possibly can think of, in a way where you feel safe and comfortable doing that. That is exactly what I did when it came to speaking in public, but you can use this strategy for anything that you want to achieve in the future. You just envision what you see there in the future, notice what you're feeling today in the present, and tap on every little component as you move forward through it.



A word that I like to use is “faith.” Regardless of your religious belief or spirituality, it’s just faith in myself, faith in the universe or a higher purpose. It’s believing that everything is going to be okay.

So let’s do some tapping on all if this. Go ahead and take another deep breath in, and let it out. Notice what you’re feeling in your body. Hopefully you’ve already got some good tingling going on, some good energy from all the tapping we’ve already done. Go ahead and notice what you’re feeling, feeling your feet grounded in the floor, and noticing your body and noticing our breath. Write out your thoughts here:

Let’s go ahead and start tapping on the karate chop point.

Side of Hand I choose to bring courage to my day
To be present with myself
Knowing that I am enough
I choose to bring courage to my day
To be present for everything in front of me
Knowing that I am enough in this moment right now

Eyebrow	I choose courage
Side of Eye	No matter what I face today
Under Eye	I can handle it
Under Nose	By staying grounded and present
Under Mouth	I can solve any challenge in my path
Collarbone	I am enough in this moment
Under arm	I am safe in this moment
Top of Head	I choose to bring the strength out of myself

EB	To be courageous
SE	Regardless of what I face today
UE	I choose to no longer doubt myself
UN	To no longer fear rejection from others
UM	To know that I am safe and enough in this moment
CB	I choose to be present with myself



UA And be present with those I interact with today
TH I choose to bring out the best in myself

EB Even if self-doubt comes up
SE I can breathe and tap
UE And ground myself once again
UN I choose to be courageous in my day
UM To be present with my emotions
CB To be curious about other people
UA Because I am enough
TH And I am safe

Take a deep breath in and let it out. Feel that in your body. The choices you have made in this moment will guide you through this day. No matter what doubts come up, no matter what you hear or feel from other people, know that you can choose to be calm and focused, that you can choose to be courageous, that you can choose to be present and curious with other people, knowing that you have everything that you need within you right now.



ALEX ORTNER is the Chief Marketing Officer and co-owner, along with his brother Nick and sister Jessica, of The Tapping Solution, LLC, a company with a mission to bring into the mainstream a simple, effective, natural healing method known as Emotional Freedom Techniques (EFT) or “Tapping.”

He is a speaker, author, entrepreneur, and marketing expert who has produced first-of-their-kind online programs such as The Tapping World Summit, a free annual worldwide online event that has been attended by over 2.5 million people over the last 10 years and the recently released The Tapping

Solution App, which features easy to follow Tapping Meditations.

Alex and The Tapping Solution team have raised over \$1,000,000 for tapping-related charities such as Project Light, which aids genocide survivors in Rwanda, The Veterans Stress Project, supporting veterans with PTSD, and The Tapping Solution Foundation, which he and his siblings started in 2012 to support their community of Newtown, CT after the tragic shootings at the Sandy Hook Elementary School.

He is also the author of the children’s book “Gorilla Thumps and Bear Hugs: A Tapping Solution Children’s Story” and speaks to teachers and students through his foundation on how to use Tapping to create balance, relieve stress and get better results in the classroom.

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