



Designing Your Destiny:

Crafting a Life That Resonates with Your
Soul



Marie Forleo



At a Glance:

- Tapping is a powerful tool for calming the nervous system, helping us shift out of the fight-or-flight response and into a more centered and grounded state. By tapping into our inner wisdom and intuition, we can create a life that is guided by the soul, rather than driven by ego and external expectations.
- Living a soul-led life means listening to what brings us joy, aliveness, and excitement, rather than conforming to societal norms or expectations. It involves introspection and creating space to dream for ourselves, exploring our desires and aspirations without judgment or pressure.
- Procrastination and stress often stem from feeling disconnected from our soul's desires and from the pressure to conform to external expectations. By tapping into our inner wisdom and intuition, we can gain clarity on what truly matters to us and take inspired action towards our goals.

- It's important to approach the process with curiosity, playfulness, and intentionality, rather than succumbing to stress and pressure. Tapping can help us release limiting beliefs and fears that hold us back, allowing us to tap into our inner guidance and intuition.
- Creating a clear vision for our lives, whether through journaling, vision boards, or visualization, can help us align our actions with our soul's desires. Honoring our inner wisdom and intuition allows us to cultivate a sense of trust and confidence in ourselves, knowing that we are capable of creating the life we desire.
- Saying no to external expectations and old dreams that no longer serve us can be challenging, but it is necessary for growth and evolution. It's vital to stay true to our soul's calling and honor our inner guidance in order to live a life that is aligned with our deepest desires and aspirations.
- Ultimately, living a soul-led life is about finding joy, fulfillment, and meaning in our everyday experiences, and trusting that we are guided and supported every step of the way. By embracing curiosity, playfulness, and intentionality, we can create a life that is rich, vibrant, and filled with possibility.

**LISTENING TO YOUR
SOUL AND TO WHAT
REALLY BRINGS YOU
ALIVENESS AND JOY
AND WHAT FEELS
EXCITING TO YOU IS
HOW WE'RE ALL
MEANT TO LIVE.
AND WE'RE ALL SO
DIFFERENT!**

– Marie Forleo



Tapping for Feeling Safe to Dream

There might be a part of you that's enthusiastic about dreaming big, but there might be *another* part of you that feels like it's not safe to dream, especially to dream big. Notice the part that feels resistance to dreaming and give it a number from 0 to 10, with 10 being the most intense resistance, and 0 being no resistance at all.

Let's begin Tapping:

- Side of Hand** Even though part of me believes
That it's not safe to have big dreams
Because I'll just feel disappointed
There's also another part of me
That feels really ready to dream
And I accept all of these parts of me
- Eyebrow** I acknowledge the part of me that's scared
Side of Eye because I put a lot of pressure on myself
Under Eye I'm the responsible one
Under Nose I'm the one taking care of so many others
Collarbone And it doesn't feel responsible to dream big
Under Arm It's easier to stay where I am
Under Mouth but I'm also so tired
Top of Head And there is part of me deep in my soul
- EB** That's longing to dream big
SE So I acknowledge the part of me that's scared
UE And I choose to notice the part of me that's excited
UN Because I can be a little scared...

UM And also really ready
CB I choose to release this fear
UA I choose to release this pressure
TH Because I don't need to figure it all out now

EB I simply allow myself to dream
SE To be playful
UE To ask myself
UN Wouldn't it be cool if... ?
UM Releasing all of this pressure
CB And being more childlike
UA It is safe for me to explore
TH I am ready to dream big

Eyebrow No need to repeat these lines. Simply read and connect with these ideas. Take a moment right now to let yourself dream. Simply let your body and mind relax as you reflect on these questions.

Side of Eye Think about what brings you joy. Notice any images, feelings, people, places, activities, words, or sounds that come to mind.

Under Eye Go a little deeper. What brings you joy? Follow the thread of whatever shows up for you. What is coming to mind?

Under Nose Is there something you've always wanted to do? Is there something you want to make more time for?

Under Mouth Take a gentle breath in... and out... relaxing as you consider the possibilities. You get to dream! You get to create a life filled with things that align with your soul. Imagine that now.

Collarbone You might be surprised by what comes to mind. That's okay! It's safe to play, to dream, to try things out, and to adjust as you go. This gets to be a learning experience. It's an adventure every step of the way.

Under Arm What if you made the dream even bigger? If it could be the most joyful, expansive version of this dream, what might that look like?

Top of Head Relax as you open yourself up to these dreams, these ideas, these visions for your life. Creating a clear and compelling vision for our lives helps give us the energy to pursue it!

Back to the eyebrow point, repeating each line

EB It's safe for me to dream big
SE If I'm still alive and breathing
UE there are still more possibilities awaiting me!
UN I make choices that align with my soul
UM I choose what brings me joy
CB It gets to be an adventure
UA It's safe for me to play and try things out
TH Wouldn't it be cool if... I lived into these big beautiful dreams?

Take a gentle breath and notice how that feels in your body. Check in on the original resistance and notice how it has changed. Rate your new number on the 0 to 10 scale. If you feel better, your number will be lower.

Reflection:

This is where you can write your thoughts.

Now that you've tapped on any resistance you may feel to exploring ideas and creating a vision for your life, try writing out 25 (or more) ideas by completing the sentence: **Wouldn't it be cool if...**

Write anything that comes into your mind or heart that sounds interesting, fun, or like something you might want to consider. There's no obligation. Completing this sentence, especially if you go for as many items as possible, gets the creative juices flowing. This can fire up your imagination and help you tap into that playful, explorative place in your heart and soul that has big dreams.

Once you've written out your initial list, circle back to the list and see if there are 1-3 things that stand out.

Write out those 1-3 things again in the space below.

The best way to assess the value of a goal is by taking action and engaging with it.

What's an action step you can take on one or more of the ideas from above that could help you start to assess if that idea is something you want to pursue? Maybe there's a class you could take, or someone you could call?

Write out any ideas for next steps below.

**HAVE YOU EVER
STOPPED TO ASK
YOURSELF:
WHAT WOULD I
REALLY LIKE IF I
COULD HAVE
ANYTHING THAT
I WISH?**

– Marie Forleo



Tapping for Creating a Vision When You Want to Make a Change

There may be a part of you that believes you're not allowed to dream big when other things are happening in your life. Especially if there are stressful things that need your immediate attention. You may feel like you don't have the time or energy to dream, or that it's even not responsible to take time to create a vision for the change you want to make. Notice any resistance or tension in your body you feel to creating a vision for the changes you want to make in your life. You can give that a number on the 0 to 10 scale, with 10 being the most intense.

Let's begin Tapping:

Side of Hand Even though I'm experiencing the stress
And I know I need to make a change
I accept myself and how I feel

Eyebrow All of this stress

Side of Eye All of these changes I wanna make

Under Eye I might not know exactly where I want to go

Under Nose But I know it's not here

Collarbone And that's okay

Under Arm Even before anything changes

Under Mouth I give my body permission to relax

Top of Head Even before anything changes

EB I can give my mind a break
SE I don't need to figure this all out
UE I can relax more in this moment
UN And simply allow myself to dream
UM What if there was an easy solution?
CB What if the answer is right around the corner?
UA What if things are lining up for my greater good?
TH I choose to relax my body...
And dream about the possibilities

Back to the eyebrow point, simply read and reflect on these ideas.

Eyebrow You don't have to see the whole staircase to take the first step. You don't have to have the whole vision mapped out to start moving towards a dream.

Side of Eye It can be easy for us to focus on what's right in front of us, to live in a reactive state, and to attend to whatever is loudest in our lives. But what if you could live your life by design... instead of by default?

Under Eye What if, right here and right now, you are taking a step towards living out your dreams? Simply by taking this time to tap, reflect, and open up to dreaming big?

Under Nose Consider the possibility that things are working out, even when they feel hard. Consider the possibility that you deserve to live a life you love!

Under Mouth Even though you might be experiencing stress, you can still create space to dream. So right now, in this moment, let yourself start to dream about what's possible. What would you like to create? What would you like your day-to-day life be like?

Collarbone Let any doubts or fears come up, and then just gently release them as you tap. It's okay for you to feel whatever comes up as you open yourself to dreaming big and living into your dreams.

Under Arm
If you could design your life into a life that aligns with your soul, and that brings you joy every day, what would it look like? Simply notice what comes to mind.

Top of Head
Dreaming big is a practice, and you are practicing it right now! It is a skill to focus on the bigger picture and create visions and dreams for what's possible. You can do it!

Take a gentle breath and notice how that feels in your body. Check in on the original resistance and notice how it has changed. Rate your new number on the 0 to 10 scale. If you feel better, your number will be lower.

Reflection:

This is where you can write your thoughts.

Bringing our dreams and visions to life requires a balance and dance of action and pause. Many of us can tend more towards one side of this than the other, but our goal is to blend and balance the two: action and pause. Pause is also described as prayer, asking for help, and surrender.

Use the following prompts to help you explore these ideas.

How can you better balance action and surrender with your goals and dreams?

Do you need to take more time to pause and pray? Or do you need to find ways to engage and take action?

**DO YOU
WANT TO
LIVE YOUR
LIFE BY
DESIGN OR
DEFAULT?**

-Marie Forleo



Bonus Tapping Meditation #1

Exploring Ideas with an Adventurous Attitude

Sometimes we can resist exploring ideas for our dreams and goals because we feel stressed or overwhelmed in our lives. Other times we can resist exploring because we feel pressure to succeed and not fail. What if we approached exploring ideas for our dreams with a different attitude? What if we took on the attitude of a creative scientist: testing our theories, gathering feedback, investigating with a playful and curious outlook. What if it could be an adventure?

Think about the idea of approaching your dreams and goals with an attitude of adventure rather than thinking there are only two options: success or failure. Notice any resistance you feel to exploring and measure it on a scale of 0 to 10. With 10 being that you feel intense resistance to exploring and 0 being that you feel no resistance at all. Mark your number down here:

Let's begin Tapping:

Side of Hand Even though I might not feel ready
to explore ideas for my future
And it can feel challenging to let myself dream
I choose to relax now

Side of Hand Even though I can feel resistance
to creating a vision for my life
And I can feel afraid of failing
And I can even feel afraid of succeeding
I'm open to seeing this as an adventure

Even though it can feel easier to live life by default
I'm open to living my life by design
And I choose to accept myself every step of the way

EB I'm open to exploring ideas for my life
SE What if I could be a creative scientist with my dreams?
UE Rather than thinking I'll either fail or succeed
UN What if I saw it all as an adventure?
UM What if I could be playful and curious?
CB Testing theories and gathering feedback
UA I am open to exploring possibilities
TH It's safe for me to have fun with this

EB Wouldn't it be cool if I tried something...
I've always wanted to try?
SE It's safe for me to explore and try new things
UE Clarity comes from engagement not from thought
UN I choose to take action and engage with my dreams!
UM I get to feel it out and course-correct as I go
CB This gets to be an adventure!
UA I choose to be playful and curious
TH I choose to create a vision for my life that I love

Deep breath in... and let it out.

When you think about that original resistance to exploring ideas and dreams for your life, where does it land on that 0 to 10 scale?

Any shift toward zero means you're heading in the right direction! If the intensity is higher than you'd like it to be, repeat the Tapping and include the thoughts and feelings that came up for you.

Reflection:

This is where you can write your thoughts.

When we can make a vision or dream super clear it helps us to move towards that vision in every aspect of our lives.

Spend some time thinking about one of the things you want to create. Maybe it's a general idea or feeling. Take some time now to bring greater clarity to that vision. Keep coming back to these core, guiding questions:

- *“What aligns with your soul?”*
- *“What brings you joy?”*

Let these questions guide you as you bring greater clarity to your vision.

**IF YOU'RE STILL
BREATHING AND
YOU'RE STILL
HERE, THAT
MEANS THERE'S
A LOT MORE
POSSIBILITY FOR
YOU.**

– Marie Forleo



Bonus Tapping Meditation #2

Tuning into Our Intuition and Discernment When Making Decisions

This quick Tapping process is a bit different than our usual Tapping. It's designed to help you get centered and still so you can connect with your intuition and discern if this next step is right for you.

By getting still and centered, we can better support ourselves in discerning between fear-based thoughts and intuition.

Take a moment to bring to mind a decision you're considering. It can be helpful to write it out as a sentence. You can do this by finishing the question: "Shall I do...?" (and fill in the blank). Use the space below to write.

Now that you've connected with the decision you're considering. Let's tap!

Side of Hand As you tap, take three gentle breaths. You can even close your eyes while you take these breaths. Settling into the present moment as you breathe.

Moving to the eyebrow, repeat these phrases.

EB I choose to calm my body and mind now
SE I relax into the ground beneath me
UE As I become still and present in this moment
UN I open myself up to the deep, inner wisdom that's guiding me
UM I choose to connect with my intuition now
CB It's safe for me to explore with curiosity and playfulness
UA Remembering that I can always adjust as I go
TH I'm ready to sense what's best for me
and get clear on my next step

eyebrow Go back to the eyebrow, breathing gently. No need to repeat. We're going to get really present with our bodies now to notice the first response in your body. This is a way to connect with intuition.

Side of Eye Bring to mind the action or decision that's on your mind. Read your sentence from above out loud or in your mind "Should I do...?"

Under Eye A "yes" will feel expansive, and while it can include some fear, there's more of a sense of excitement, inhaling, and moving-towards.

Under Nose A “no” will feel contracted, and can include a feeling of heaviness, moving-away, and constricted breath. You can't get this right or wrong, simply notice what you feel.

Under Mouth Now ask yourself, “Does the idea of saying yes to this feel expansive or contracted in my body?”

Collarbone Close your eyes as you feel into this. Spend as much time here as you need.

Under Arm Take another deep breath and notice anything else coming up for you.

Top of Head Notice what you experienced, and you can even say out loud what it felt like for you.

You can stop tapping and take a gentle breath in... and out... Well done!
If you still need more clarity, you can go through this process again. You can also use the questions from the Tapping as journal prompts to help you in this decision process.

Reflection:

This is where you can write your thoughts.

Use this space to journal about what you noticed from that exercise, and from asking yourself “Does the idea of saying yes to this feel expansive or contracted in my body?”

A large, empty rectangular box with a thin grey border, intended for journaling or writing reflections.

If it feels like a clear no, it might mean that you want to pursue a different vision, it can also mean you just need to adjust the action step to find another way to move towards this vision that feels better. Let it be an adventure! Remember, you are a curious scientist and this process can be playful.



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A born-and-raised Jersey girl with nothing more than passion, a laptop and a dream, Marie has created a digital empire that reaches millions.

Named by Oprah as a thought leader for the next generation and owner of one of Inc.'s 500 fastest growing companies, Marie Forleo has created a socially conscious digital empire that inspires millions. She's the star of the award-winning show *MarieTV*, with over 75 million views, and host of "The Marie Forleo Podcast," with nearly 26 million downloads.

Marie has taught entrepreneurs, artists, and multipassionate go-getters from all walks of life how to dream big and back it up with daily action to create results. She runs the acclaimed business training program B-School, the writing program The Copy Cure, and the joyful productivity program Time Genius.

Her #1 New York Times best-selling book, *Everything is Figureoutable* is available now.



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