

TAPPING

ENERGY FLOW SCALE

← Low performance → Neutral High performance →



Sympathetic

Tap to release what drains your energy

When **neutral** switch to positive words

Parasympathetic

Tap to feel positive, relaxed and energised!

STRESS LESS ~ ACCOMPLISH MORE!

SKYPE: [accomplishchange.clinics](https://www.skype.com/join/accomplishchange.clinics) Tel: Aisling: 087 1352122 Ray: 087 6778049