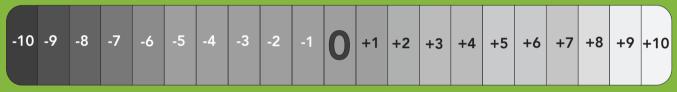
## TAPPING

**ENERGY FLOW SCALE** 

 $\longleftarrow \quad \mathsf{Low performance} \quad \longrightarrow \quad$ 

Neutral





**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!

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