

21 DAYS
OF SELF CARE WITH EFT TAPPING

A GENTLE DAILY MANUAL FOR REFLECTION, GROUNDING AND EMOTIONAL SUPPORT

Vitality LIVING College

Home of Professional EFT

Table of Contents

Welcome to Your 21 Days of Self-Care with EFT Tapping 1–2

How to Use This Manual 3

Make the Manual Your Own 3

What Is EFT? and How to Tap 4

EFT Tapping Points 5

How Does EFT Work? 6

A Gentle Note on Safety 7

Day 1 – Grounding 8

Day 2 – Overthinking 9–12

Day 3 – Anxiety 13–16

Day 4 – Stress 17–20

Day 5 – Tension 21–24

Day 6 – Fear 25–28

Day 7 – Safety 29–32

Day 8 – Self-Criticism 33–36

Day 9 – Emotional Overwhelm 37–40

Day 10 – Control 41–44

Table of Contents

Day 11 – Uncertainty 49–52

Day 12 – Fatigue 53–56

Day 13 – Sadness 57–60

Day 14 – Acceptance 61–64

Day 15 – Trust 65–68

Day 16 – Boundaries 69–72

Day 17 – Confidence 73–76

Day 18 – Calm 77–80

Day 19 – Resilience 81–84

Day 20 – Integration 85–88

Day 21 – Presence 89–92

Celebrating 21 Days of Choosing You 93

Next Steps 94

Clinical Studies around EFT 95–98

Happier Clients with EFT 99–102

About the Author and Vitality Living College 103

Welcome to Your 21 Days of Self Care with EFT Tapping.

This manual is an invitation to spend a few minutes each day coming back to yourself.

- Not to fix yourself.
- Not to force yourself to feel differently.
- Not to get every tapping round "right".

Simply to notice what is here, listen to what your mind and body may be communicating, and meet yourself with a little more kindness.

Across these 21 days, you will gently explore experiences such as grounding, overthinking, anxiety, stress, fear, safety, self-criticism, uncertainty and more. Each day gives you a simple theme, a short reflection, journal prompts and an EFT Tapping sequence to help you connect more deeply with what you are feeling.

Some days may feel light. Other days may touch something deeper. There is no need to rush.

You can pause.

You can take a break.

You can repeat a day.

You can change the words so they feel more true for you.

The fill-in-the-blank tapping sequences are especially important because they allow you to use your own words. Rather than tapping on what you think you should be feeling, you can tap on what is actually present for you.

As you move through the manual, try to stay curious rather than judgemental.

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YOU MAY ASK YOURSELF:

What am I noticing?

What is this feeling trying to tell me?

What do I need right now?

There may not always be an immediate answer. That is okay too.

Self-care is not always about feeling calm, positive or peaceful. Sometimes self care is allowing yourself to acknowledge, "This is hard today." Sometimes it is recognising a boundary. Sometimes it is resting. Sometimes it is feeling an emotion you have been avoiding. And sometimes it is simply staying beside yourself while something difficult moves through you.

Let these 21 days be less about becoming someone different and more about building a gentler relationship with the person who is already here.

One day.
One tapping round.
One honest moment with yourself at a time.

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How to Use This Manual

Each of the 21 days is centered around a specific theme or emotion (like grounding, stress, or overthinking). To make things easy, every day is broken down into three simple parts:

1 Understand the emotion

we will begin with a short explanation of what the emotion or experience is and why it can be helpful to explore it. The intention is not to label or judge what you are feeling, but to understand it with greater curiosity and compassion.

2 A 2-minute EFT Tapping practice

Each day includes a short general tapping sequence that takes no more than two minutes. You can use this when you want something simple, supportive and easy to fit into your day. You do not need to feel the words perfectly. Simply tap, breathe and notice what is happening within you.

3 Journaling and Fill-in-the-Blanks Tapping

If you have more time, or feel ready to explore the theme more deeply, you will also find journal prompts to help you uncover what may be underneath the emotion.

How to use it:

1. Read through the journal prompts and write down your honest thoughts (what you're feeling, what's on your mind).
2. Take your personal answers and use them to fill in the blanks in the Fill-in-the-Blanks Tapping page that follows.
3. Tap through the sequence using your own words. This makes the healing process uniquely yours, helping you release what you are truly carrying right now.

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21 Days Of Self Care With EFT Tapping

Day 1
Grounding

Even though I feel ungrounded, I choose to feel my body here and now.

Day 2
Overthinking

Even though I am overthinking, I choose to be present with my body now.

Day 3
Anxiety

Even though I feel anxious, I choose to allow my body to settle.

Day 4
Stress

Even though I feel stressed, I choose to soften my nervous system.

Day 5
Tension

Even though my body feels tense, I choose to gently release.

Day 6
Fear

Even though I feel fear, I choose to stay with myself.

Day 7
Safety

Even though I don't feel fully safe, I choose to allow safety now.

Day 8
Self-Criticism

Even though I judge myself, I choose to meet myself with kindness.

Day 9
Emotional Overwhelm

Even though this feels like too much, I choose to slow down.

Day 10
Control

Even though I want to control everything, I choose to let my body lead.

Day 11
Uncertainty

Even though I don't know what's next, I choose to stay present.

Day 12
Fatigue

Even though I feel exhausted, I choose to listen to my body.

Day 13
Sadness

Even though I feel sad, I choose to allow this feeling to move.

Day 14
Acceptance

Even though this is uncomfortable, I choose to accept myself now.

Day 15
Trust

Even though I struggle to trust, I choose to trust what I can.

Day 16
Boundaries

Even though I feel stretched thin, I choose to honour my limits.

Day 17
Confidence

Even though I doubt myself, I choose to stand in my body.

Day 18
Calm

Even though my mind is busy, I choose to invite calm.

Day 19
Resilience

Even though this has been hard, I choose to keep going gently.

Day 20
Integration

Even though change feels new, I choose to let it settle.

Day 21
Presence (End)

Even though life continues, I choose to stay connected to myself.

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What is EFT?

Emotional Freedom Techniques (EFT), often called EFT Tapping, is a mind–body approach that works with both emotional awareness and physical regulation. Emotions are not just experiences of the mind—they are felt in the body and held in the nervous system.

EFT uses gentle tapping on specific acupressure points while bringing awareness to emotions, thoughts, or memories. This combination helps calm the nervous system, reduce emotional intensity, and restore balance.

EFT supports emotional release by:

- Calming the brain's threat response
- Reducing stress signals in the body
- Interrupting emotional reactivity
- Helping the body feel safe enough to let go
- Supporting new emotional patterns through repetition

How to Tap

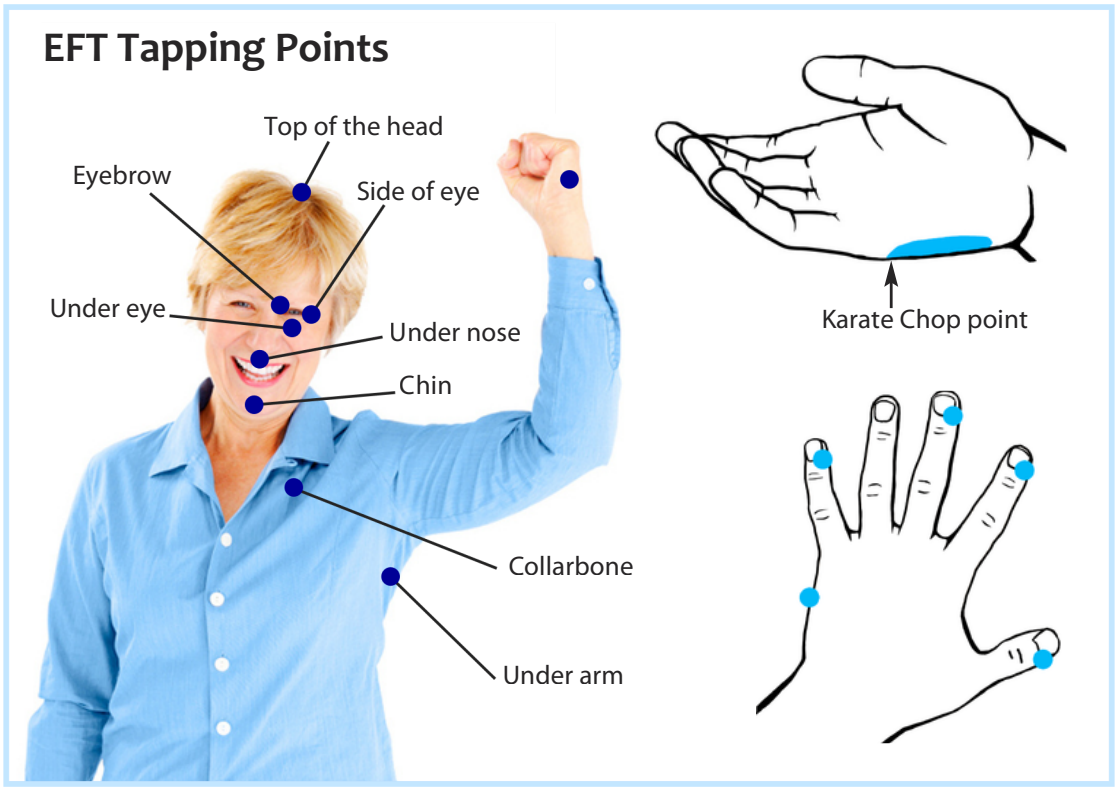
Use the fingertips of your index and middle fingers to tap each point gently but firmly. Tap approximately five to seven times while saying the accompanying words aloud or silently. You may tap on either side of the body, or both sides if that feels comfortable.



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EFT Tapping Points

- Eyebrow – at the edge of the eyebrow just above the nose
- Beside the eye – on the bone bordering the outer corner of the eye
- Under the eye – on the bone just under the eye
- Under the nose – between the bottom of the nose and the upper lip
- Chin – midway between the point of the chin and the middle of the lower lip
- Collarbone – at the junction where the collarbone and first rib meet
- Under arm – under the arm about 10 cm from the armpit
- Thumb – on the outside of the thumb, level with the base of the nail
- Index finger – on the side of the index finger closest to the thumb, level with the base of the nail (refrain if pregnant)
- Middle finger – on the side of the middle finger closest to the index finger, in line with the base of the nail
- Little finger – on the side of the little finger closest to the ring finger
- Karate Chop – on the edge of the hand (refer to diagram)



How Does EFT Work?

EFT appears to affect the amygdala (the brain's stress centre) and the hippocampus (the memory centre), both of which play a role in deciding whether something is perceived as a threat. EFT uses gentle tapping on specific acupressure points while focusing on negative emotions. This combination is believed to send calming signals to the amygdala, helping it "de-escalate" and promoting a sense of peace.

This unique and fast-acting therapy has also been shown to lower cortisol levels, the body's stress hormone. Excess cortisol can weaken immune function and impact physical health. Because EFT is practical, hands-on, and easy to apply, it is a powerful tool for people from all walks of life. It has an immediate calming effect and can be used with children as young as 3–4 years old.







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A Gentle Note on Safety

EFT Tapping and the practices in this manual are intended as self-help tools for reflection, emotional support and personal wellbeing.

They are not a replacement for professional medical, psychological, psychiatric or therapeutic care.

As you move through the exercises, listen to yourself and go at your own pace. You do not need to push through anything that feels overwhelming. You can pause, stop, return to a simpler grounding practice or seek support whenever you need to.

If an exercise brings up intense emotions, traumatic memories or feelings that feel difficult to manage on your own, consider working with an appropriately qualified mental health professional or trained EFT practitioner.

If you are experiencing a mental health crisis, feel unable to keep yourself safe, or are concerned about your immediate wellbeing, please seek urgent support from your local emergency services, crisis service or qualified healthcare professional.

Your wellbeing comes first. You are always allowed to pause.

A Few Gentle Reminders Before You Begin

- Go at your own pace: Some days will feel light and easy; other days might touch on deeper feelings. There is no right or wrong way to move through these 21 days.
- You are always allowed to pause: If it ever feels like too much, you can stop, take a break, skip a day, or repeat a day as many times as you need.
- There is no pressure: Self-care isn't about being peaceful all the time. Sometimes, it’s just staying beside yourself on a difficult day.

Take it one day, one gentle breath, and one honest moment at a time.

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Day 1

Grounding

What is grounding?

Grounding is the practice of bringing your attention back into your body and into the present moment. It can help when you feel scattered, disconnected, overwhelmed or caught in your thoughts.

Why is it important to explore?

When we are stressed or emotionally activated, our attention can move away from the here and now.

> Exploring grounding helps us reconnect with our body, our surroundings and the sense that, in this moment, we are here.



Day 1 - Grounding



Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1

Karate Chop × 3

Even though I feel ungrounded, I choose to come back into my body, here and now.

2

Tapping Points (Round 1)

Eyebrow: I feel ungrounded.

Side of Eye: My mind may be somewhere else.

Under Eye: There may be so much going on.

Under Nose: And right now, I am here.

Chin: I can feel my body.

Collarbone: I can feel the ground beneath me.

Under Arm: I am supported in this moment.

3

Finger Points (Round 2)

Thumb: Coming back to myself.

Index Finger: Coming back into my body.

Middle Finger: Here, in this moment.

Little Finger: I don't have to solve everything right now.

4

Top of Head (Round 3)

Top of Head: I choose to feel grounded, present and connected to myself.

5

Karate Chop (Closing)

Right here. Right now. I am here.

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Day 1 - Grounding

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. When do I feel most ungrounded, scattered or disconnected from myself?

2. What tends to pull me away from the present moment?

3. What do I notice happening in my body when I feel ungrounded?

4. What helps me feel more present, steady or connected?

5. What does my body need from me right now?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though I feel ungrounded when_____, I choose to gently come back to myself and this moment.

Eyebrow: I notice I feel scattered when _____.

Side of Eye: My mind gets pulled towards _____.

Under Eye: In my body, I notice _____.

Under Nose: I can understand why I feel disconnected right now.

Chin: I do not have to force myself to feel different.

Collarbone: I can gently bring my attention back to my body.

Under Arm: What helps me feel more grounded is _____.

Thumb: I can feel my feet beneath me.

Index Finger: I can notice my breath.

Middle Finger: I can gently return to this moment.

Little Finger: My body needs _____ from me.

Top of Head: I choose to give myself _____ and reconnect with the present moment.

Karate Chop: I am here. I am in my body. I can come back to myself, one moment at a time.

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Day 2

Overthinking

What is overthinking?

Overthinking is when the mind repeatedly analyses, predicts, questions or replays situations in an attempt to find certainty, prevent mistakes or feel more in control.

Why is it important to explore?

Overthinking can keep us mentally busy while disconnecting us from what we actually feel and need.

> Exploring it can help us understand what the mind is trying to protect us from and begin creating more space between ourselves and our thoughts.



Day 2 - Overthinking

Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1

Karate Chop × 3

Even though my mind is overthinking, I choose to come back to the present moment and my body now.

2

Tapping Points (Round 1)

Eyebrow: My mind keeps going over everything.

Side of Eye: So many thoughts.

Under Eye: Trying to work everything out.

Under Nose: Trying to find the right answer.

Chin: Maybe I don't need to solve it all right now.

Collarbone: I can allow my mind to soften.

Under Arm: I can come back into my body.

3

Finger Points (Round 2)

Thumb: Letting these thoughts slow down.

Index Finger: I don't have to follow every thought.

Middle Finger: I can notice them and let them pass.

Little Finger: Coming back to myself.

4

Top of Head (Round 3)

Top of Head: For now, I choose presence over overthinking.

5

Karate Chop (Closing)

I am here. I am present. I can deal with one thing at a time.

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Day 2 - Overthinking

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What do I find myself thinking about again and again?

2. What am I trying to work out, predict or prevent?

3. What am I afraid might happen if I stop thinking about it?

4. What feeling may be underneath all this thinking?

5. What would help me feel even 5% more present and settled right now?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though my mind keeps going over _____, and part of me is trying to figure out _____, I choose to meet myself with patience.

Eyebrow: I keep thinking about _____.

Side of Eye: My mind is trying to work out _____.

Under Eye: Part of me is afraid that _____.

Under Nose: Maybe all this thinking is trying to protect me from _____.

Chin: Underneath the overthinking, I feel _____.

Collarbone: I do not have to solve everything right now.

Under Arm: I can give my mind permission to slow down.

Thumb: I can come back to what is happening now.

Index Finger: I can allow some space around _____.

Middle Finger: I can let these thoughts slow down.

Little Finger: What I need right now is _____.

Top of Head: I choose to give myself _____ and return to the present moment.

Karate Chop: I can notice my thoughts without following every one of them. I can come back to myself.

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Day 3

Anxiety

What is anxiety?

Anxiety can be experienced as worry, unease, fear or a sense that something might go wrong. It may show up through racing thoughts as well as physical sensations such as tension, restlessness or a feeling of being on alert.

Why is it important to explore?

Rather than simply trying to get rid of anxiety, exploring it can help us understand what our mind and body may be responding to.

> When we listen with curiosity, we can begin to recognise what we need in order to feel more settled and supported.



Day 3 - Anxiety

Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1 **Karate Chop × 3**

Even though I feel anxious, I choose to meet this feeling with gentleness and allow my body to settle.

2 **Tapping Points (Round 1)**

Eyebrow: This anxiety is here right now.

Side of Eye: My mind and body feel on alert.

Under Eye: Part of me is trying to protect me.

Under Nose: I don't have to fight this feeling.

Chin: I can breathe and stay with myself.

Collarbone: Allowing my body to soften a little.

Under Arm: Letting go of what I can, right now.

3 **Finger Points (Round 2)**

Thumb: I am here with myself.

Index Finger: One breath at a time.

Middle Finger: One moment at a time.

Little Finger: I can allow a little more ease.

4 **Top of Head (Round 3)**

Top of Head: I choose to return to calm, slowly and gently.

5 **Karate Chop (Closing)**

I am here. I am breathing. In this moment, I can soften.

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Day 3 - Anxiety

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What am I feeling anxious about right now?

2. What am I afraid might happen?

3. Where do I notice this anxiety in my body?

4. If my anxiety is trying to protect me, what might it be trying to protect me from?

5. What does the anxious part of me need right now?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though my anxiety is trying to protect me from _____, I honour this part of me and everything it has been trying to do for me.

Eyebrow: I feel anxious about _____.

Side of Eye: Part of me is afraid that _____.

Under Eye: My anxiety is trying to protect me from _____.

Under Nose: Maybe it has been carrying this fear for a long time.

Chin: And underneath the anxiety, what I really need is _____.

Collarbone: I give myself permission to receive _____.

Under Arm: I don't have to fight this anxious part of me.

Thumb: I can listen to what it is trying to tell me.

Index Finger: I can give myself _____.

Middle Finger: I can be here for the part of me that feels afraid.

Little Finger: Perhaps it doesn't have to work so hard to protect me anymore.

Top of Head: I choose to give myself the _____ I need, one moment at a time.

Karate Chop: I hear you. I am here with you. You don't have to carry this alone anymore.

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Day 4

Stress

What is stress?

Stress is the physical and emotional response we can experience when the demands placed upon us feel greater than our available capacity or resources.

Why is it important to explore?

Stress can become so familiar that we stop noticing how much we are carrying.

> Exploring it helps us identify the pressures, expectations and responsibilities weighing on us and consider what can be changed, released or approached differently.



Day 4 - Stress

Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1 Karate Chop × 3

Even though I feel stressed, I choose to acknowledge everything I am carrying and allow my nervous system to soften.

2 Tapping Points (Round 1)

Eyebrow: There is so much going on.

Side of Eye: So much to think about.

Under Eye: So much I am holding.

Under Nose: My body has been carrying this stress.

Chin: I don't have to carry everything at once.

Collarbone: I can give myself permission to slow down.

Under Arm: Allowing some of this pressure to release.

3 Finger Points (Round 2)

Thumb: I can take one thing at a time.

Index Finger: I can breathe through this moment.

Middle Finger: I don't have to solve everything right now.

Little Finger: I can allow a little more space inside me.

4 Top of Head (Round 3)

Top of Head: I choose to soften the pressure and let my nervous system settle.

5 Karate Chop (Closing)

For this moment, I can put some of it down. I can breathe. I can soften.

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Day 4 - Stress

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What am I carrying right now that feels like too much?

2. What am I telling myself I have to manage, fix or hold together?

3. What part of this stress is actually mine, and what might I be carrying for someone else?

4. What does my body need from me today to feel even 5% more settled?

5. If I gave myself permission to put one thing down, what would it be?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though I feel stressed because I am carrying _____, I acknowledge how much this has been for me, and I choose to be kind to myself.

Eyebrow: I am carrying _____.

Side of Eye: I keep telling myself I have to _____.

Under Eye: It feels like I have to hold _____ together.

Under Nose: And some of this may not even be mine to carry.

Chin: What I really need right now is _____.

Collarbone: I give myself permission to soften around _____.

Under Arm: I can begin to put down _____.

Thumb: I do not have to manage everything at once.

Index Finger: I can give myself _____.

Middle Finger: I can let go of the pressure to _____.

Little Finger: I can choose what is truly mine to hold.

Top of Head: Today, I give myself permission to put down _____ and create a little more space within me.

Karate Chop: I can breathe. I can soften. I can carry less.

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Day 5

Tension

What is tension?

Tension is one way the body can respond to stress, pressure or emotion. We may notice ourselves tightening our jaw, raising our shoulders, clenching our hands or holding our breath without even realising it.

Why is it important to explore?

The body can reveal what the mind has learned to push through or ignore.

> Exploring tension gives us an opportunity to notice where we are holding, bracing or protecting ourselves and gently invite more softness into the body.



Day 5 - Tension

Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1

Karate Chop × 3

Even though my body feels tense, I choose to notice where I am holding this tension and gently allow some of it to release.

2

Tapping Points (Round 1)

Eyebrow: I can feel this tension in my body.

Side of Eye: My body has been holding so much.

Under Eye: Perhaps I have been bracing without even realising it.

Under Nose: I don't have to force this tension away.

Chin: I can simply notice it.

Collarbone: Breathing into the places that feel tight.

Under Arm: Giving my body permission to soften.

3

Finger Points (Round 2)

Thumb: I can unclench a little.

Index Finger: I can loosen my shoulders.

Middle Finger: I can soften my jaw.

Little Finger: I can let my body release what it is ready to release.

4

Top of Head (Round 3)

Top of Head: I choose to create a little more space, softness and ease in my body.

5

Karate Chop (Closing)

My body can soften. I can release gently. I do not have to hold everything so tightly.

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Day 5 - Tension

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. Where am I holding tension in my body right now?

2. What was happening, or what was I thinking about, when this tension began or became stronger?

3. If this tension could speak, what would it say it is protecting me from?

4. What am I holding in that I have not expressed, released or allowed myself to feel?

5. What would help my body feel even 5% softer right now?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though I feel this tension in my ___, and it may be connected to _____, I choose to listen to my body with kindness.

Eyebrow: I can feel this tension in my _____.

Side of Eye: It feels like my body is holding _____.

Under Eye: Maybe this tension is trying to protect me from _____.

Under Nose: Maybe I have been holding in _____.

Chin: I do not have to force this tension away.

Collarbone: I can gently acknowledge what my body has been carrying.

Under Arm: I can give myself permission to release _____.

Thumb: My body needs _____ right now.

Index Finger: I can soften around _____.

Middle Finger: I can let go of some of this holding.

Little Finger: I can allow my body to feel even 5% softer.

Top of Head: I choose to release what I am ready to release and create more ease in my body.

Karate Chop: I am listening to my body. I am honouring what it needs. I can soften gently.

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Day 6

Fear

What is fear?

Fear is a natural protective response to something we perceive as threatening, dangerous or uncertain. Sometimes the threat is happening now, while at other times fear may be connected to something we imagine could happen.

Why is it important to explore?

Fear often carries important information.

> Exploring it can help us understand what we are afraid of, what we are trying to avoid or protect, and what the frightened part of us may need in order to feel more supported.



Day 6 - Fear

Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1

Karate Chop × 3

Even though I feel this fear, I choose to stay with myself and meet this feeling gently.

2

Tapping Points (Round 1)

Eyebrow: This fear is here right now.

Side of Eye: Part of me feels afraid.

Under Eye: Part of me is expecting something to go wrong.

Under Nose: My body may be trying to protect me.

Chin: I do not have to push this fear away.

Collarbone: I can listen to what it is trying to tell me.

Under Arm: I can stay with myself through this.

3

Finger Points (Round 2)

Thumb: I can breathe with this fear.

Index Finger: I can take this one moment at a time.

Middle Finger: I do not have to know what happens next.

Little Finger: I can give myself a little more safety now.

4

Top of Head (Round 3)

Top of Head: I choose to stay present with myself, even while fear is here.

5

Karate Chop (Closing)

I am here. I am with myself. I can move through this gently.

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Day 6 - Fear

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What am I afraid might happen?

2. What feels most frightening about that?

3. If this fear is trying to protect me, what is it trying to protect me from?

4. What does this fear make me want to avoid, control or hold back from?

5. What does the frightened part of me need from me right now?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though I am afraid that ___, and part of me fears _____, I choose to stay with myself gently.

Eyebrow: I am afraid that _____.

Side of Eye: The most frightening part is _____.

Under Eye: This fear may be trying to protect me from _____.

Under Nose: It makes me want to _____.

Chin: I can understand why this part of me feels afraid.

Collarbone: What I really need right now is _____.

Under Arm: I can give myself a little more of _____.

Thumb: I do not have to force this fear away.

Index Finger: I can stay with myself through _____.

Middle Finger: I can take this one moment at a time.

Little Finger: I can let my body know that right now, it can soften a little.

Top of Head: I choose to give the frightened part of me _____ and move forward gently.

Karate Chop: I hear this fear. I honour what it is trying to do for me. And I choose to stay with myself.

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Day 7

Safety

What is safety?

Safety is more than knowing intellectually that we are okay. It is also the experience of the body being able to soften, settle and recognise that there is no immediate threat.

Why is it important to explore?

Sometimes our circumstances may be safe while our body continues to remain alert.

> Exploring safety helps us notice what allows us to feel more grounded, supported and at ease rather than forcing ourselves to feel safe before we are ready.



Day 7 - Safety



Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1

Karate Chop × 3

Even though part of me does not feel fully safe, I choose to stay with myself and allow a little more safety into my body now.

2

Tapping Points (Round 1)

Eyebrow: Part of me does not feel safe.

Side of Eye: My body may still be on alert.

Under Eye: Maybe I have been expecting something to go wrong.

Under Nose: Maybe my body has been trying to protect me.

Chin: I do not have to force myself to feel safe.

Collarbone: I can begin with just a little more ease.

Under Arm: Letting my body know that I am here with it.

3

Finger Points (Round 2)

Thumb: I can notice what feels safe right now.

Index Finger: I can feel the support beneath me.

Middle Finger: I can stay connected to myself.

Little Finger: I can allow my body to soften, little by little.

4

Top of Head (Round 3)

Top of Head: I choose to invite a little more safety into this moment.

5

Karate Chop (Closing)

Right now, I am here. I am with myself. I can allow safety gently.

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Day 7 - Safety

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What is making me feel unsafe or unsettled right now?

2. What does my body do when I do not feel safe?

3. What am I afraid might happen?

4. What would help me feel even 5% safer in this moment?

5. What do I need to hear, feel or receive from myself right now?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though part of me does not feel safe because _____, I choose to stay with myself and gently invite a little more safety now.

Eyebrow: I feel unsafe because _____.

Side of Eye: My body responds by _____.

Under Eye: Part of me is afraid that _____.

Under Nose: I can understand why my body is trying to protect me.

Chin: I do not have to force myself to feel safe.

Collarbone: What would help me feel safer is _____.

Under Arm: I can begin by giving myself _____.

Thumb: I can notice what feels safe right now.

Index Finger: I can remind myself _____.

Middle Finger: I can stay connected to myself.

Little Finger: I can allow even 5% more ease into my body.

Top of Head: I choose to give myself the _____ I need to feel a little safer now.

Karate Chop: I am here. I am with myself. I can allow safety gently, one moment at a time.

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Day 8

Self-Criticism

What is self-criticism?

Self-criticism is the inner voice that judges, corrects or attacks us for what we have done, how we look, how we feel or who we believe we should be.

Why is it important to explore?

For some people, self-criticism may have developed as a way of trying to improve, avoid rejection or prevent mistakes.

> Exploring it allows us to understand where this voice comes from and begin discovering whether kindness can support growth without the need for constant self-attack.



Day 8 - Self-Criticism

Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1

Karate Chop × 3

Even though I can be so critical of myself, I choose to notice this voice without letting it define who I am.

2

Tapping Points (Round 1)

Eyebrow: I am so hard on myself.

Side of Eye: I notice all the ways I judge myself.

Under Eye: The things I tell myself I should have done differently.

Under Nose: The ways I think I am not enough.

Chin: Maybe this critical voice has been trying to protect me somehow.

Collarbone: But I do not have to keep hurting myself to grow.

Under Arm: I can begin to meet myself with more kindness.

3

Finger Points (Round 2)

Thumb: I can soften the way I speak to myself.

Index Finger: I am allowed to be imperfect.

Middle Finger: I am allowed to learn without attacking myself.

Little Finger: I can choose compassion instead of criticism.

4

Top of Head (Round 3)

Top of Head: I choose to speak to myself with the kindness I so freely give to others.

5

Karate Chop (Closing)

I am learning to be on my own side.

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Day 8 - Self-Criticism

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What do I criticise myself for most often?

2. What do I say to myself when I feel I have got something wrong?

3. Whose voice does this criticism remind me of, if anyone?

4. What am I afraid would happen if I stopped being so hard on myself?

5. What would I say to someone I deeply loved if they were feeling this way?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though I criticise myself for _____, and part of me believes I should be _____, I choose to meet myself with more kindness.

Eyebrow: I judge myself for _____.

Side of Eye: I keep telling myself _____.

Under Eye: Maybe I learned somewhere that I had to be _____.

Under Nose: Part of me is afraid that if I stop being hard on myself, _____.

Chin: I can understand why this pattern developed.

Collarbone: But I do not have to keep hurting myself to grow.

Under Arm: I can begin to soften this critical voice.

Thumb: What I really need to hear is _____.

Index Finger: I can speak to myself with more _____.

Middle Finger: I am allowed to be human.

Little Finger: I can learn without attacking myself.

Top of Head: I choose to replace some of this criticism with _____.

Karate Chop: I can be on my own side. I can grow with kindness.

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Day 9

Emotional Overwhelm

What is emotional overwhelm?

Emotional overwhelm happens when the feelings, thoughts or demands we are experiencing seem greater than our capacity to process them in that moment.

Why is it important to explore?

When everything feels like too much, we may try to push through, shut down or deal with everything at once.

> Exploring overwhelm helps us slow things down, identify what feels most pressing and respond to ourselves one feeling and one need at a time.



Day 9 - Emotional Overwhelm

Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1

Karate Chop × 3

Even though everything feels like too much right now, I acknowledge how overwhelmed I feel and choose to meet myself gently.

2

Tapping Points (Round 1)

Eyebrow: Everything feels like too much.

Side of Eye: There is so much happening inside me.

Under Eye: I don't know what to deal with first.

Under Nose: My mind and body feel overloaded.

Chin: I don't have to sort everything out right now.

Collarbone: I can take this one moment at a time.

Under Arm: I can allow some of this intensity to soften.

3

Finger Points (Round 2)

Thumb: I can slow everything down.

Index Finger: I don't have to carry it all at once.

Middle Finger: I can give myself space to breathe.

Little Finger: I can come back to what I need right now.

4

Top of Head (Round 3)

Top of Head: I choose to meet this overwhelm one breath, one feeling and one moment at a time.

5

Karate Chop (Closing)

I can pause. I can breathe. I can be here with myself.

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Day 9 - Emotional Overwhelm

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What feels like too much for me right now?

2. What am I trying to hold, manage or process all at once?

3. What emotion feels strongest underneath the overwhelm?

4. What do I wish I could put down, pause or step away from?

5. What do I need most from myself right now?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though I feel overwhelmed by _____, and it feels like too much right now, I choose to meet myself with kindness.

Eyebrow: I feel overwhelmed by _____.

Side of Eye: I am trying to hold _____ all at once.

Under Eye: Underneath this overwhelm, I feel _____.

Under Nose: Part of me just wants to _____.

Chin: I can understand why this feels like too much.

Collarbone: I do not have to deal with everything at once.

Under Arm: I can give myself permission to put down _____.

Thumb: What I really need right now is _____.

Index Finger: I can give myself a little more _____.

Middle Finger: I can take this one moment at a time.

Little Finger: I can let some of this pressure soften.

Top of Head: I choose to release what I can and give myself the _____ I need right now.

Karate Chop: I can pause. I can breathe. I do not have to carry everything at once.

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Day 10

Control

What is control?

The need for control can arise when uncertainty feels uncomfortable and we try to manage people, circumstances, outcomes or even our own emotions in order to feel safer.

Why is it important to explore?

Control can offer temporary reassurance, yet trying to manage everything can become exhausting.

> Exploring our need for control can help us understand what we are afraid might happen if we loosen our grip and recognise the difference between what is ours to influence and what is not.



Day 10 - Control



Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1

Karate Chop × 3

Even though part of me wants to control everything, I choose to notice what this need for control is trying to protect me from.

2

Tapping Points (Round 1)

Eyebrow: I feel the need to stay in control.

Side of Eye: I want to know what is going to happen.

Under Eye: I want things to go the way I expect.

Under Nose: Maybe control helps me feel safer.

Chin: Maybe uncertainty feels difficult for me.

Collarbone: I do not have to control everything to be okay.

Under Arm: I can begin to loosen my grip, just a little.

3

Finger Points (Round 2)

Thumb: I can listen to my body.

Index Finger: I can notice what is actually within my control.

Middle Finger: I can release what is not mine to manage.

Little Finger: I can allow a little more trust and space.

4

Top of Head (Round 3)

Top of Head: I choose to soften the need to control and allow my body to lead.

5

Karate Chop (Closing)

I can do what is mine to do, and gently release the rest.

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Day 10 - Control

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What am I trying to control right now?

2. What am I afraid might happen if I let go of control?

3. What does control give me a sense of?

4. What is actually within my control, and what is not?

5. What would it feel like to trust myself even if I cannot control the outcome?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though I am trying to control ___, because part of me is afraid that _____, I choose to understand why this feels so important to me.

Eyebrow: I am trying to control _____.

Side of Eye: I am afraid that if I let go, _____.

Under Eye: Control helps me feel _____.

Under Nose: I can understand why part of me needs that.

Chin: But I may not need to hold everything so tightly.

Collarbone: What is actually within my control is _____.

Under Arm: What is not mine to control is _____.

Thumb: I can do what is mine to do.

Index Finger: I can let go of _____.

Middle Finger: I can trust myself even if _____.

Little Finger: I can allow a little more space around the outcome.

Top of Head: I choose to trust myself, do what I can, and gently release what I cannot control.

Karate Chop: I can loosen my grip. I can trust myself. I can let life meet me too.

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Day 11

Uncertainty

What is uncertainty?

Uncertainty is the discomfort that can arise when we do not know what is going to happen, how something will unfold or what the outcome will be. It can bring up worry, overthinking, fear, the need for reassurance or the urge to control.

Why is it important to explore?

When uncertainty feels difficult, we may overthink, seek reassurance or try to predict every possible outcome.

> Exploring our relationship with not knowing can help us uncover the fear underneath it and practise staying present, trusting ourselves and taking the next step without needing every answer first.



Day 11 - Uncertainty



Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1

Karate Chop × 3

Even though I don't know what is going to happen next, I choose to stay with myself in this moment.

2

Tapping Points (Round 1)

Eyebrow: I don't know what comes next.

Side of Eye: Part of me wants certainty.

Under Eye: Part of me wants an answer now.

Under Nose: Not knowing can feel uncomfortable.

Chin: I don't have to figure everything out today.

Collarbone: I can meet this moment as it is.

Under Arm: I can allow myself to stay present.

3

Finger Points (Round 2)

Thumb: I can take one step at a time.

Index Finger: I can be with what I know right now.

Middle Finger: I don't need all the answers to move forward.

Little Finger: I can make room for the unknown.

4

Top of Head (Round 3)

Top of Head: I choose to stay present, even when I don't know what comes next.

5

Karate Chop (Closing)

I may not know what happens next, but I can trust myself to meet it when it comes.

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Day 11 - Uncertainty

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What am I feeling uncertain about right now?

2. What am I afraid might happen if I do not know the outcome?

3. What am I trying to predict, prepare for or control?

4. What do I actually know to be true in this moment?

5. What would help me feel even 5% more steady while I allow things to unfold?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though I feel uncertain about ___, and part of me is afraid that _____, I choose to stay with myself gently.

Eyebrow: I don't know what will happen with _____.

Side of Eye: I am afraid that _____.

Under Eye: Part of me keeps trying to predict _____.

Under Nose: Maybe I am trying to control _____ so I can feel safer.

Chin: What I do know right now is _____.

Collarbone: I do not need every answer in this moment.

Under Arm: I can allow some space around _____.

Thumb: I can take one step at a time.

Index Finger: I can give myself more _____ while I wait.

Middle Finger: I can trust myself even if _____.

Little Finger: I can make room for what I do not yet know.

Top of Head: I choose to stay present and give myself _____ as things unfold.

Karate Chop: I do not need to know everything right now. I can trust myself to meet what comes next.

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Day 12

Fatigue

What is fatigue?

Fatigue is a sense of physical, mental or emotional tiredness that can leave us feeling depleted, heavy or lacking in energy. It may arise after prolonged stress, emotional strain, overwork or simply from not having enough opportunity to rest and recover.

Why is it important to explore?

Fatigue can sometimes be the body's way of asking us to slow down and notice what we have been carrying.

> Exploring it can help us recognise where our energy may be going, what may be draining us and what kind of rest, support or nourishment we may need.



Day 12 - Fatigue

Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1

Karate Chop × 3

Even though I feel tired and depleted, I choose to listen to what my body is asking from me today.

2

Tapping Points (Round 1)

Eyebrow: I feel so tired.

Side of Eye: My body feels low on energy.

Under Eye: Maybe I have been pushing for too long.

Under Nose: Maybe I have been carrying more than I realise.

Chin: I do not have to force myself through everything.

Collarbone: I can acknowledge how tired I feel.

Under Arm: I can allow myself to slow down.

3

Finger Points (Round 2)

Thumb: I can listen to my body.

Index Finger: I can give myself permission to rest.

Middle Finger: I do not have to earn the right to pause.

Little Finger: I can allow a little more ease and support.

4

Top of Head (Round 3)

Top of Head: I choose to honour my energy and give myself what I need to replenish.

5

Karate Chop (Closing)

I can stop pushing for a moment. I can rest. I can begin to restore.

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Day 12 - Fatigue

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. Where do I feel this fatigue most strongly — physically, mentally or emotionally?

2. What has been taking the most energy from me lately?

3. What am I continuing to push through even though I feel tired?

4. What might my body be asking me to slow down, release or say no to?

5. What would help me feel even 5% more rested, supported or replenished?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though I feel exhausted by _____, and I have been carrying _____, I choose to listen to what my body needs.

Eyebrow: I feel so tired from _____.

Side of Eye: I have been using so much energy on _____.

Under Eye: Part of me keeps pushing through _____.

Under Nose: Maybe my body is asking me to slow down.

Chin: Maybe I do not have to keep forcing myself through _____.

Collarbone: I can acknowledge how tired I really feel.

Under Arm: I can give myself permission to release _____.

Thumb: What I need more of is _____.

Index Finger: I can allow myself to rest from _____.

Middle Finger: I do not have to earn the right to pause.

Little Finger: I can give my body a little more _____.

Top of Head: I choose to honour my energy and give myself the rest, space or support I need.

Karate Chop: I can stop pushing for a moment. I can listen to my body. I can allow myself to replenish.

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Day 13

Sadness

What is sadness?

Sadness is a natural emotional response to loss, disappointment, hurt, change or something that matters deeply to us. It may feel like heaviness, emptiness, tenderness, tears or a desire to withdraw.

Why is it important to explore?

Sadness is not always something that needs to be moved away from quickly.

> Exploring it can help us understand what we may be grieving, missing or longing for and allow us to meet that part of ourselves with greater kindness rather than pushing the feeling away.



Day 13 - Sadness

Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1

Karate Chop × 3

Even though I feel this sadness, I choose to allow it to be here and meet myself gently.

2

Tapping Points (Round 1)

Eyebrow: This sadness is here.

Side of Eye: Part of me feels heavy.

Under Eye: Maybe I have been holding this in.

Under Nose: I do not have to rush myself out of this feeling.

Chin: I can let myself feel what is here.

Collarbone: I can be kind to myself in this sadness.

Under Arm: I can allow this feeling to move in its own time.

3

Finger Points (Round 2)

Thumb: I can stay with myself.

Index Finger: I can make space for what hurts.

Middle Finger: I do not have to pretend I am okay.

Little Finger: I can give myself what I need right now.

4

Top of Head (Round 3)

Top of Head: I choose to honour this sadness and allow myself to soften around it.

5

Karate Chop (Closing)

I can feel this sadness without losing myself in it. I am here with myself.

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Day 13 - Sadness

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What am I feeling sad about right now?

2. What feels most painful or heavy about this?

3. What have I lost, missed, or wished had been different?

4. What am I holding back from expressing?

5. What does the sad part of me need from me right now?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though I feel sad about _____, and part of me wishes _____, I choose to honour what I am feeling.

Eyebrow: I feel sad about _____.

Side of Eye: What hurts most is _____.

Under Eye: I wish _____ had been different.

Under Nose: Part of me is grieving _____.

Chin: I can allow myself to feel this sadness.

Collarbone: I do not have to rush myself through it.

Under Arm: I can make space for _____.

Thumb: What I need most right now is _____.

Index Finger: I can give myself permission to _____.

Middle Finger: I can be gentle with the part of me that feels _____.

Little Finger: I can let this feeling move at its own pace.

Top of Head: I choose to give myself _____ as I move through this sadness.

Karate Chop: I honour what hurts. I honour what mattered. I choose to stay with myself through it.

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Day 14

Acceptance

What is acceptance?

Acceptance is the willingness to acknowledge what is present or what has happened without continually fighting against the reality of it. It does not mean approving of something, liking it or giving up on change.

Why is it important to explore?

When we are struggling with something painful, part of our energy can become caught in wishing it were different.

> Exploring acceptance can help us notice what we may be resisting and begin making space for reality as it is, while still choosing how we want to respond and what may need to change.



Day 14 - Acceptance



Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1 Karate Chop × 3

Even though part of me wishes things were different, I choose to acknowledge what is here and meet myself with gentleness.

2 Tapping Points (Round 1)

Eyebrow: I wish this were different.

Side of Eye: Part of me is resisting what is here.

Under Eye: Part of me is struggling to accept this.

Under Nose: I do not have to like it to acknowledge it.

Chin: I can allow this moment to be what it is.

Collarbone: I can soften some of the fight inside me.

Under Arm: I can make space for what I am feeling.

3 Finger Points (Round 2)

Thumb: I do not have to force acceptance.

Index Finger: I can meet myself where I am.

Middle Finger: I can let go of some of the struggle.

Little Finger: I can stay open to what comes next.

4 Top of Head (Round 3)

Top of Head: I choose to bring a little more acceptance, compassion and ease to this moment.

5 Karate Chop (Closing)

This is where I am right now. I can meet myself here with kindness.

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Day 14 - Acceptance

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What am I finding difficult to accept right now?

2. What do I wish were different?

3. What am I afraid acceptance might mean?

4. What happens inside me when I keep fighting what is already here?

5. What would it feel like to meet this moment with even 5% more acceptance?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though I am struggling to accept _____, because I wish _____, I choose to meet myself with kindness.

Eyebrow: I am finding it hard to accept _____.

Side of Eye: I really wish _____ were different.

Under Eye: Part of me believes acceptance means _____.

Under Nose: I can understand why I am resisting this.

Chin: I do not have to like it to acknowledge what is here.

Collarbone: I can soften some of the struggle around _____.

Under Arm: I can allow this moment to be what it is.

Thumb: I can give myself permission to feel _____.

Index Finger: I can stop fighting myself for _____.

Middle Finger: I can meet myself where I am.

Little Finger: I can still choose what comes next.

Top of Head: I choose to bring a little more acceptance and compassion to _____.

Karate Chop: I can accept where I am today without giving up on what may change tomorrow.

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Day 15

Trust

What is trust?

Trust is the sense that we can rely on ourselves, another person or life enough to take a step without knowing or controlling everything that comes next. Trust can grow gradually through experience, consistency and feeling supported.

Why is it important to explore?

Past experiences of disappointment, hurt or uncertainty can make trust feel difficult.

> Exploring trust helps us notice where we may be protecting ourselves, what we need in order to feel more secure and how we might begin building greater trust in ourselves one small experience at a time.



Day 15 - Trust



Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1 Karate Chop × 3

Even though part of me finds it hard to trust, I choose to acknowledge that gently and begin with trusting myself a little more.

2 Tapping Points (Round 1)

Eyebrow: Part of me is afraid to trust.

Side of Eye: Maybe I have been disappointed before.

Under Eye: Maybe trust has not always felt safe.

Under Nose: I do not have to force myself to trust.

Chin: I can begin slowly.

Collarbone: I can listen to what feels true for me.

Under Arm: I can notice what helps me feel more secure.

3 Finger Points (Round 2)

Thumb: I can trust myself to notice.

Index Finger: I can trust myself to choose.

Middle Finger: I can trust myself to respond.

Little Finger: I can allow trust to grow at my own pace.

4 Top of Head (Round 3)

Top of Head: I choose to build trust gently, beginning with myself.

5 Karate Chop (Closing)

I do not have to know everything. I can trust myself to take the next step.

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Day 15 - Trust

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. Where in my life am I finding it difficult to trust right now?

2. What happened that made trust feel unsafe, uncertain or difficult for me?

3. What am I afraid might happen if I trust again?

4. What would help me trust myself more deeply?

5. What would trust look and feel like if it grew slowly, safely and at my own pace?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though I find it difficult to trust _____, because part of me is afraid that _____, I choose to honour why this feels hard.

Eyebrow: I find it difficult to trust _____.

Side of Eye: Part of me remembers _____.

Under Eye: I am afraid that if I trust, _____.

Under Nose: I can understand why this part of me is cautious.

Chin: I do not have to force trust.

Collarbone: I can begin by trusting myself around _____.

Under Arm: I can listen to what feels safe and true for me.

Thumb: I can trust myself to notice _____.

Index Finger: I can trust myself to choose _____.

Middle Finger: I can trust myself to respond if _____.

Little Finger: I can allow trust to grow slowly and safely.

Top of Head: I choose to build trust at my own pace, beginning with _____.

Karate Chop: I do not have to trust all at once. I can begin gently, and I can trust myself along the way.

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Day 16

Boundaries

What are boundaries?

Boundaries are the limits that help us recognise what feels okay for us and what does not. They can relate to our time, energy, emotions, relationships, responsibilities, personal space and the way we allow others to treat us.

Why is it important to explore?

Setting boundaries can sometimes bring up guilt, fear of disappointing others or worry about being rejected.

> Exploring our boundaries can help us understand what we need, where we may be overextending ourselves and how we can honour ourselves while still remaining connected to others.



Day 16 - Boundaries

Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1

Karate Chop × 3

Even though I sometimes find it difficult to set or hold boundaries, I choose to honour my needs with kindness and clarity.

2

Tapping Points (Round 1)

Eyebrow: It can feel hard to say no.

Side of Eye: Part of me worries about disappointing others.

Under Eye: Part of me may fear being misunderstood.

Under Nose: Maybe I have learned to put others before myself.

Chin: My needs matter too.

Collarbone: I can be kind without abandoning myself.

Under Arm: I can create space for what feels right for me.

3

Finger Points (Round 2)

Thumb: I am allowed to have limits.

Index Finger: I am allowed to say no.

Middle Finger: I can honour what feels right for me.

Little Finger: I can set boundaries with care and respect.

4

Top of Head (Round 3)

Top of Head: I choose to honour my needs and protect my energy without guilt.

5

Karate Chop (Closing)

My boundaries do not make me unkind. They help me stay connected to myself.

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Day 16 - Boundaries

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. Where in my life do I find it hardest to say no or set a limit?

2. What am I afraid might happen if I set a boundary?

3. Where do I say yes when I really want to say no?

4. What boundary would help me feel more respected, safe or spacious right now?

5. What would it feel like to honour my needs without guilt?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though I find it difficult to set a boundary around _____,

because I am afraid that _____, I choose to honour what I need.

Eyebrow: I find it hard to say no to _____.

Side of Eye: I worry that if I set this boundary, _____.

Under Eye: Sometimes I say yes when I really want to _____.

Under Nose: Part of me is afraid of _____.

Chin: I can understand why this feels difficult.

Collarbone: My needs matter too.

Under Arm: The boundary I need is _____.

Thumb: I can honour my need for _____.

Index Finger: I can say no to _____.

Middle Finger: I can be kind without abandoning myself.

Little Finger: I can allow myself to choose what feels right for me.

Top of Head: I choose to create more _____ in my life by honouring this

boundary.

Karate Chop: I can care for others and still care for myself. My boundaries are allowed.

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Day 17

Confidence

What is confidence?

Confidence is the growing belief that we can meet situations, make choices and express ourselves even when we do not feel completely certain or fearless.

Why is it important to explore?

Confidence does not always come before we take action. Often it develops through taking small steps, learning from experience and discovering that we can cope with discomfort, mistakes and uncertainty.

> Exploring confidence can help us recognise what holds us back and reconnect with the strengths and abilities we may already carry.



Day 17 - Confidence



Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1

Karate Chop × 3

Even though part of me does not always feel confident, I choose to meet myself where I am and allow confidence to grow gently.

2

Tapping Points (Round 1)

Eyebrow: Sometimes I doubt myself.

Side of Eye: Sometimes I compare myself to others.

Under Eye: Part of me worries I may not be enough.

Under Nose: Maybe I have forgotten what I already carry within me.

Chin: I do not have to feel perfect to feel confident.

Collarbone: I can begin by recognising my strengths.

Under Arm: I can allow myself to take up a little more space.

3

Finger Points (Round 2)

Thumb: I can trust what I know.

Index Finger: I can value what I bring.

Middle Finger: I can learn as I go.

Little Finger: I can let confidence grow through each small step.

4

Top of Head (Round 3)

Top of Head: I choose to believe in myself a little more today.

5

Karate Chop (Closing)

I do not need to prove my worth. I can stand in who I am and let confidence grow from there.

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Day 17 - Confidence

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. Where in my life do I feel least confident right now?

2. What do I tell myself when I begin to doubt my abilities?

3. What past experience may have contributed to this lack of confidence?

4. What strengths, qualities or abilities do I tend to overlook in myself?

5. What would I do differently if I trusted myself even 5% more?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though I lack confidence around _____, and part of me worries that _____, I choose to meet myself with kindness.

Eyebrow: I doubt myself when _____.

Side of Eye: I tell myself _____.

Under Eye: Maybe this began when _____.

Under Nose: Part of me still fears _____.

Chin: I can understand why my confidence has been affected.

Collarbone: I can begin to recognise that I am _____.

Under Arm: I can honour the strengths I already have.

Thumb: One strength I have is _____.

Index Finger: I can trust myself with _____.

Middle Finger: I can take one small step towards _____.

Little Finger: I can allow confidence to grow through experience.

Top of Head: I choose to trust myself even 5% more with _____.

Karate Chop: I do not need to feel completely confident to move forward. I can begin from where I am.

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Day 18

Calm

What is calm?

Calm is a state in which the mind and body feel more settled, steady and less pulled by urgency, pressure or emotional activation. It does not mean that everything around us is perfect, but that there is a little more space within us to respond rather than react.

Why is it important to explore?

When we have been stressed or emotionally activated for a long time, calm can sometimes feel unfamiliar or even difficult to access.

> Exploring calm helps us notice what allows our body and mind to soften, what gets in the way of settling, and how we can begin creating small moments of steadiness within ourselves.



Day 18 - Calm

Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1 Karate Chop × 3

Even though my mind feels busy, I choose to invite a little more calm into my body and this moment.

2 Tapping Points (Round 1)

Eyebrow: My mind has been busy.

Side of Eye: There is so much moving through me.

Under Eye: I do not have to stop every thought.

Under Nose: I can let things slow down gently.

Chin: I can breathe and come back to myself.

Collarbone: I can create a little more space inside.

Under Arm: I can allow my body to soften.

3 Finger Points (Round 2)

Thumb: One breath at a time.

Index Finger: One moment at a time.

Middle Finger: I can let my mind settle.

Little Finger: I can allow calm to arrive without forcing it.

4 Top of Head (Round 3)

Top of Head: I choose to invite more calm, space and ease into this moment.

5 Karate Chop (Closing)

I do not have to make calm happen. I can simply make room for it.

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Day 18 - Calm

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What is making it difficult for me to feel calm right now?

2. What thoughts keep pulling my attention away from the present moment?

3. Where do I notice this busyness or tension in my body?

4. What helps me feel even a little more settled?

5. What would calm feel like in my body today?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though my mind feels busy with _____, I choose to make a little more room for calm.

Eyebrow: My mind keeps returning to _____.

Side of Eye: I notice this tension in my _____.

Under Eye: Part of me feels it has to keep thinking about _____.

Under Nose: I can understand why my mind is busy.

Chin: I do not have to force calm.

Collarbone: I can begin by giving myself more _____.

Under Arm: I can allow some of this tension to soften.

Thumb: What helps me settle is _____.

Index Finger: I can give myself permission to slow down.

Middle Finger: I can create space around _____.

Little Finger: I can let calm arrive in its own time.

Top of Head: I choose to invite more _____ into this moment.

Karate Chop: I can make room for calm without forcing it.

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Day 19

Resilience

What is resilience?

Resilience is our ability to adapt, recover and keep moving through challenges, change or difficult experiences. It does not mean that things do not affect us, but that we are able to find our way through them with support, awareness and inner resources.

Why is it important to explore?

When life feels difficult, we can sometimes focus only on how much we are struggling and forget the ways we have already coped, adapted and continued.

> Exploring resilience can help us recognise the strengths, support and resources that have carried us before and reconnect with our capacity to meet what is in front of us now.



Day 19 - Resilience



Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1

Karate Chop × 3

Even though this has been hard, I choose to honour what I have moved through and reconnect with the strength that is still here.

2

Tapping Points (Round 1)

Eyebrow: This has not been easy.

Side of Eye: I have carried a lot.

Under Eye: There have been moments I did not know how I would get through.

Under Nose: And yet, I am still here.

Chin: I can honour what this has taken from me.

Collarbone: I can also honour what has grown within me.

Under Arm: I do not have to be untouched to be resilient.

3

Finger Points (Round 2)

Thumb: I can bend without breaking.

Index Finger: I can rest and still be strong.

Middle Finger: I can begin again when I am ready.

Little Finger: I can trust my capacity to keep moving gently.

4

Top of Head (Round 3)

Top of Head: I choose to recognise the strength, wisdom and resilience already within me.

5

Karate Chop (Closing)

I have made it through before. I can meet what comes next one step at a time.

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Day 19 - Resilience

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What have I been through that has asked a lot of me?

2. What helped me keep going when things felt difficult?

3. What strength did I discover in myself through that experience?

4. What part of me still feels tired, hurt or affected by what happened?

5. What does resilience mean to me now?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though _____ was difficult, I choose to honour both what it cost me and the strength that helped me through.

Eyebrow: I went through _____.

Side of Eye: The hardest part was _____.

Under Eye: Part of me still feels _____.

Under Nose: And yet, I kept going because _____.

Chin: I can honour how much this took from me.

Collarbone: I can also recognise the strength I found in _____.

Under Arm: I do not have to deny the pain to recognise my resilience.

Thumb: What helped me through was _____.

Index Finger: I discovered that I can _____.

Middle Finger: I can rest and still be resilient.

Little Finger: I can carry this strength forward gently.

Top of Head: I choose to recognise the resilience I found through _____.

Karate Chop: I honour what I have been through, and I honour the part of me that kept going.

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Day 20

Integration

What is integration?

Integration is the process of bringing together what we have noticed, felt, understood and experienced so that it can become part of how we relate to ourselves and move through life.

Why is it important to explore?

Insight can be powerful, but lasting change often comes through allowing what we have learned to settle into everyday life.

> Exploring integration can help us recognise what has shifted, what we want to carry forward and how we can continue supporting ourselves with greater awareness, compassion and intention.



Day 20 - Integration



Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1 Karate Chop × 3

Even though change can feel unfamiliar, I choose to give myself time to let what I have learned settle into me.

2 Tapping Points (Round 1)

Eyebrow: So much may have shifted.

Side of Eye: Some of it still feels new.

Under Eye: I do not have to understand everything at once.

Under Nose: I can let these changes settle gently.

Chin: I can notice what feels different.

Collarbone: I can keep what supports me.

Under Arm: I can release what no longer fits.

3 Finger Points (Round 2)

Thumb: I can give myself time.

Index Finger: I can let this new awareness become part of me.

Middle Finger: I do not have to rush the process.

Little Finger: I can allow things to find their place.

4 Top of Head (Round 3)

Top of Head: I choose to let what I have learned settle into my body, my choices and my life.

5 Karate Chop (Closing)

I can allow change to become familiar, one gentle step at a time.

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Day 20 - Integration

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What has shifted in me over these past days?

2. What have I learned about myself?

3. What am I ready to keep practising or carrying forward?

4. What am I ready to release or leave behind?

5. What would help these changes feel more natural in my everyday life?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though change can feel unfamiliar, I choose to let what I have learned about _____ settle gently into my life.

Eyebrow: I have noticed a shift in _____.

Side of Eye: I have learned that _____.

Under Eye: Part of me is still adjusting to _____.

Under Nose: I do not have to rush this process.

Chin: I am ready to keep practising _____.

Collarbone: I am ready to release _____.

Under Arm: I can allow these changes to become more familiar.

Thumb: I can carry forward _____.

Index Finger: I can let go of _____.

Middle Finger: I can give myself time to integrate.

Little Finger: I can allow this new way of being to settle gently.

Top of Head: I choose to let _____ become part of how I care for myself.

Karate Chop: I can let what I have learned settle into me, one day at a time.

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Day 21

Presence

What is presence?

Presence is the practice of bringing our attention to what is happening here and now, rather than becoming lost in the past, pulled into the future or caught in constant thinking. It is the experience of being with ourselves, our body and this moment as it is.

Why is it important to explore?

So much of our energy can be spent replaying what has happened or anticipating what may come next.

> Exploring presence can help us return to ourselves, notice what we are feeling and needing, and experience life one moment at a time rather than always being somewhere else in our mind.



Day 21 - Presence



Take one slow breath. Notice your feet. Notice the support beneath you. Tap gently on each point while bringing your awareness to the words below.

1 Karate Chop × 3

Even though life continues to move and change, I choose to stay connected to myself and return to this moment.

2 Tapping Points (Round 1)

Eyebrow: Life will keep moving.

Side of Eye: There will still be difficult days.

Under Eye: There will also be moments of ease and joy.

Under Nose: I do not have to hold on to any one state.

Chin: I can keep coming back to myself.

Collarbone: I can notice what I feel and what I need.

Under Arm: I can meet myself wherever I am.

3 Finger Points (Round 2)

Thumb: I can stay present with myself.

Index Finger: I can listen inwardly.

Middle Finger: I can honour what each moment brings.

Little Finger: I can keep choosing connection over disconnection.

4 Top of Head (Round 3)

Top of Head: I choose to move forward with greater presence, awareness and kindness towards myself.

5 Karate Chop (Closing)

Life continues, and I can continue meeting myself here — one breath, one choice and one moment at a time.

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Day 21 - Presence

Journal Prompts

You can either write your answers down directly in the spaces provided or say your answers out loud.

1. What have I noticed about myself during these 21 days?

2. When do I feel most connected to myself?

3. What tends to pull me away from the present moment?

4. What do I want to remember when life becomes busy or difficult again?

5. What promise would I like to make to myself as I move forward?

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Fill-in-the-blanks Tapping

You can either write your answers down directly in the spaces provided or say your answers out loud.

Karate Chop × 3: Even though life will continue to change, I choose to stay connected to myself and remember _____.

Eyebrow: Over these days, I have noticed _____.

Side of Eye: I feel most connected to myself when _____.

Under Eye: Sometimes I lose that connection when _____.

Under Nose: I can always choose to return.

Chin: I want to remember _____.

Collarbone: I can keep listening to what I feel and need.

Under Arm: I can keep coming back to myself.

Thumb: I choose to carry forward _____.

Index Finger: I can return to the present when _____.

Middle Finger: I can honour what I need along the way.

Little Finger: My promise to myself is _____.

Top of Head: I choose to move forward with more _____, presence and connection to myself.

Karate Chop: I can keep returning to myself — one breath, one choice and one moment at a time.

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Celebrating 21 Days of Choosing You

You have completed 21 Days of Self Care with EFT Tapping.

Take a moment to let that land.

For 21 days, you made space to pause, notice, reflect and come back to yourself. You may have discovered new things about your emotions, your body, your needs and the ways you respond when life feels difficult.

Some days may have felt powerful.
Some may have felt gentle.
Some may have simply given you a few quiet minutes for yourself.

All of it matters.

This journey was never about doing everything perfectly.
It was about showing up.

What would I like to carry forward with me?
Perhaps one tapping practice.
One reminder.
One new awareness.
Or simply the permission to pause and come back to yourself when you need to.

After completing the 21 days, you can return to any theme whenever that emotion or experience feels relevant.

Congratulations on completing your 21 days.
May this be something you return to whenever you need a little more space, support and connection with yourself. 💛

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Next Steps

- Tap on yourself using the attached tapping protocol
- Read up on how emotions are linked to stress and the value of emotional therapy in this free booklet, Heal Your Emotions To Heal Your Life, at www.Vitalitylivingcollege.info/how-to-gain- emotional-freedom-and-peace
- Let friends and family know about the free EFT booklet at www.Vitalitylivingcollege.info/ how-to-gain-emotional-freedom-and-peace so that they can also benefit from this powerful technique
- Attend the EFT Practitioner Training as part of a program to become a Certified EFT Practitioner, or as part of a self healing or a personal development program
- To become a Practitioner, book a no-obligation Discovery Call and find out all the modules involved. See www.Vitalitylivingcollege.info/training-seminars/eft-training-course/ eft-practitioner-training
- For more private session questions or to book a session, please email help@Vitalitylivingcollege.info. We have Practitioners in the US, UK, India and Europe

We were the first EFT international approved Trainers with satellites in India, South East Asia, the Middle East, the UK, the USA, Canada, Europe, Africa and Australia. We provide training in EFT and Inner Child Matrix and we offer the following levels:

- Professional EFT Practitioner
- EFT Ambassador
- EFT Facilitator
- EFT Presenter
- EFT Trainer



Explore Our Other Professional Certifications



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Clinical Studies around EFT

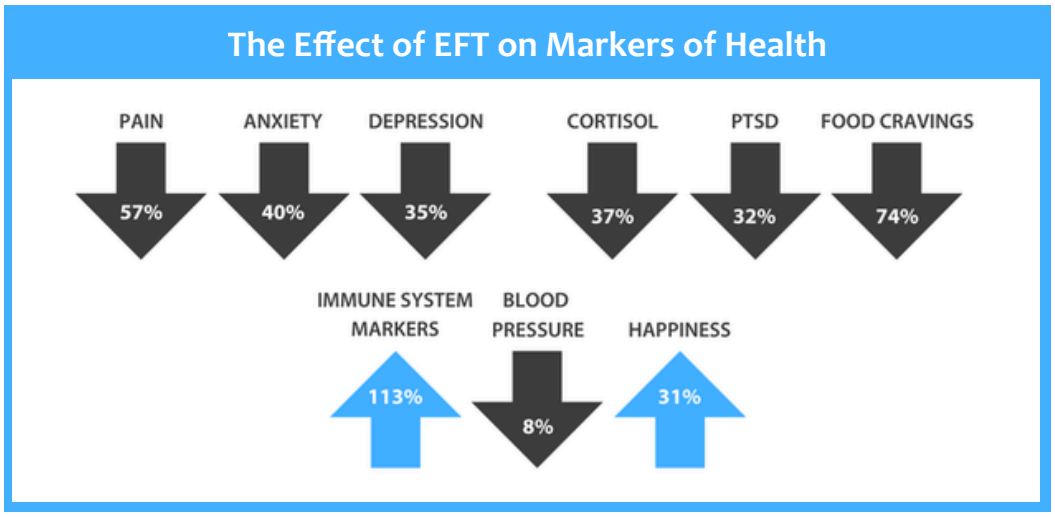
- Reduction in test-taking anxiety, versus the progressive muscle relaxation technique.
- Reduction in depression by 73% in college students.
- Athletic performance improves (free throws) by 26%.
- Improvement in pain and emotional distress, and cravings in 216 healthcare workers.
- Improvement in pain, depression, anxiety, and mental health in fibromyalgia patients.
- Reduction in phobias and fears of small animals, versus breathing techniques or discussing fears.



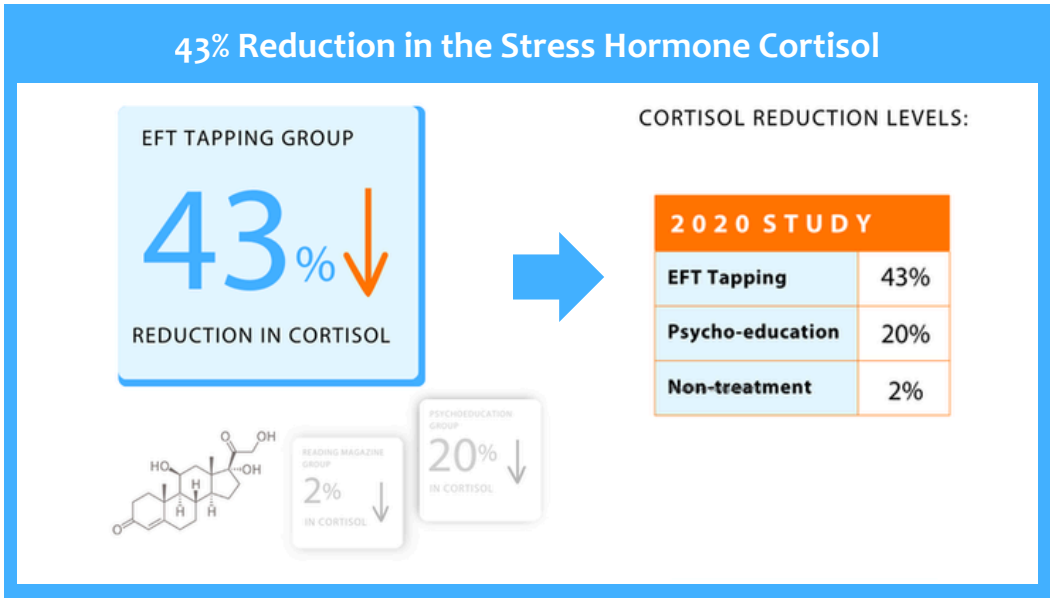
- 91% improvement in anxiety symptoms versus CBT.
- 90% reduction of Post-Traumatic Stress Disorder (PTSD).
- 76% of patients showed reversal of Generalised Anxiety Disorder (GAD) from brain scans.
- 43% reduction in the stress hormone cortisol.
- 41% improvement in depressive symptoms.
- 5 kg weight loss in 4 weeks, which lasts up to 1 year.

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Clinical Studies around EFT



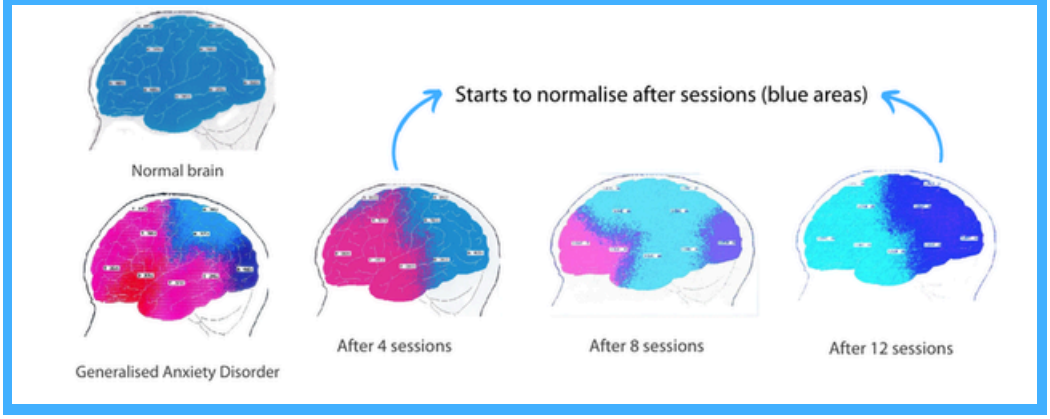
- Unresolved stress and trauma flood the body with cortisol, triggering inflammation, digestive issues, and cell damage.
-
- Dopamine and serotonin imbalances can lead to fatigue, depression, and addictive behaviours. EFT helps reduce the cortisol levels in the body by 43%.



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Clinical Studies around EFT

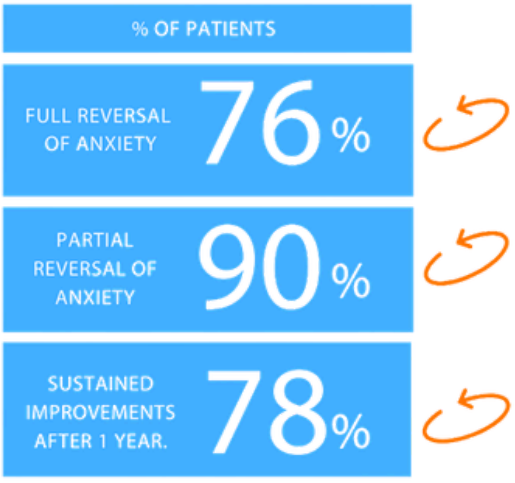
Drop in Anxiety after 12 Sessions on Brain Scans



- Stress and trauma also rewire the brain, weakening rational thinking and heightening fear, making emotional regulation harder. The nervous system stays in fight, flight, or freeze, leading to anxiety, numbness, and exhaustion.
-
- Over time, chronic stress disrupts hormones, immunity, and overall health. After 12 sessions of EFT Tapping, 76% of patients experienced a drop in their anxiety levels after brain scans.

76% found Relief from Anxiety after experiencing EFT



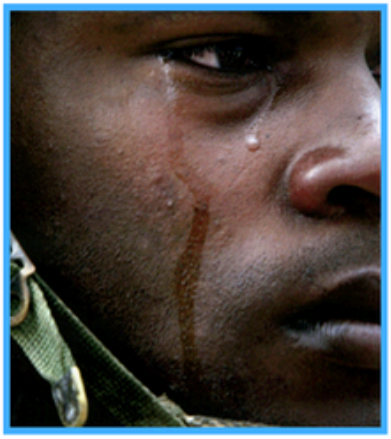


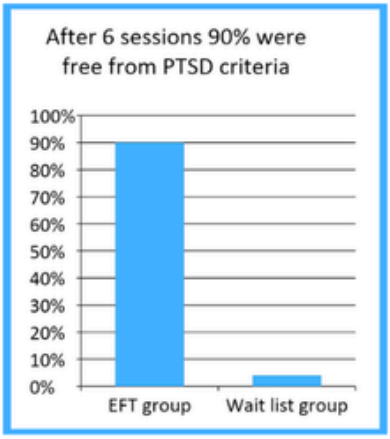
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Clinical Studies around EFT

EFT is clinically proven to relieve stress and past trauma. It has been researched in more than ten countries, by more than 60 investigators, whose results have been published in more than 20 different peer-reviewed journals.

Reduction in Post Traumatic Stress Disorder (PTSD)





EFT can be used in combination with other therapies such as psychotherapy and counselling, as well as coaching and healing modalities.

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Happier Clients with EFT



According to Chanchal Gupta, a Counsellor from Delhi, "It takes about 10-12 sessions for signs of improvement to become obvious. "This leads to clients becoming dejected after the first few sessions." "Clients become disheartened when they do not see immediately tangible results. They usually end up either leaving therapy or switching therapists. This is also demotivating for the counsellor because the expected results have not been delivered." But EFT helps circumvent this problem:

"When one introduces EFT with counselling, the client changes their perspective on their issue much faster. This is because tapping clears energy blocks and causes cognitive shifts. This reduces the required number of sessions to just 2-3!"



Even Divya Srivastava, a Counsellor with Silver Lining Wellness, has noticed that EFT enables faster results. "It helps me in my counselling practice to help clients overcome trauma in a short span of time." As the patient is able to recognise the positive changes during the session, they are more likely to see the course of treatment through, which makes the therapist's job much easier. Emotional Wellness Therapist Srivastava elaborates, "The client is aware of the transformation, especially when the SUDs (Subjective Units of Distress) come down after even just 15 minutes of tapping. "What's more, EFT works for a range of issues. Ms Srivastava further says, "EFT is a great tool when working with anxiety issues, fears, phobias, eating disorders, and PTSD (Post-Traumatic Stress Disorder). It is wonderful for healing inner children."

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Happier Clients with EFT



Singapore based Clinical Psychologist, Mahima Gupta Didwania, confirms, "EFT combines cognitive, emotional, and somatic work to cut through layers of trauma effectively and address the underlying patterns keeping problems in place.

For me as a counsellor, its flexibility, ease, and tangible real-time experiential relief is very helpful as it appeals to people across spectrums and makes it easier for me to equip them with a powerful tool for emotional release."



Father Leo, who has a busy psychotherapy practice, found that EFT reduced the number of sessions needed, "I've been practicing as a counsellor with many other therapies. This is the first time I discovered a therapy that is so effective in a

short duration to bring out the core issues of people. To help them to be in touch with themselves and to discover the areas that they need to become aware to grow and to make a change in their life, to acquire this new freedom that this technique gives to all of us."



The EFT treatment process is also helpful for children and helps them get rid of small upsets or even big traumas. Consultant Psychologist Nalini G explains her experience, "As EFT starts with Truth Tapping, the truth itself becomes

non-threatening. It easily gets to the root cause since it is a non-threatening process, hence the remedial intervention becomes easy."

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Happier Clients with EFT



"I frequently use EFT with my patients with great results."
Eric Robbins, MD



School Counsellor Jigna Gadia supports this view. She believes, "EFT is quick and gives instant results, it must be inculcated in children at an early stage." As a therapist, the tools one uses to direct clients can be the difference

between delivering tangible results or not. Personal and professional problems arise when people hold on to limiting emotions such as anger, fear, and hurt. These can make it impossible for them to achieve optimum success in their desired personal and professional fields. Using a technique like EFT cuts down the time to delivering results and is very fulfilling for the therapist in terms of higher profits and job satisfaction.



Anushri Shah, Counselling Psychologist, agrees.
"EFT is a great therapy. It is quick as it works by balancing the client's energy system. Negative emotions are released much faster and through a safe mechanism, which provides the client

much relief in just a couple of sessions. I have been using it with my clients and they have all found it to be an effective technique; most of them see immediate results. It is highly recommended."

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Happier Clients with EFT



This is probably the best education I have ever attended

"I was completely amazed and impressed by the program, the content of education, and how it was designed and communicated. I was amazed by the prepared materials, the team of assistants, the portal, and certainly with the facilitator. This is probably the best education I have ever attended! I now feel like I can go beyond my own borders of possibilities I have created, to help myself and to be ready to help others. Thank you for sharing this positive energy all over the world." - Denis Detling



Clients overcome limiting beliefs

"I work with clients who have emotional issues and I help them to overcome these issues and feel more in tune with themselves. I have built up my business and I'm in the process of building my business further by helping people who coach therapists to set up their own businesses and use EFT to help them overcome limiting beliefs. It's a fantastic approach. You are helping yourself and others too. You feel more in tune with yourself and more balanced. It's much better than holding on to negative feelings, behaviours, and traits. I highly recommend it."
– Wolfgang Matejek, IT Consultant and Training

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About the Author



Dr Rangana Rupavi Choudhuri (PhD) has built her career on one driving passion: helping people break free from their limits and achieve their greatest potential. Over 15 years in the medical field she's led teams and steered businesses valued at over $1 billion always with a focus on boosting confidence, clarity, and real-world results. As Founder and CEO of Vitality Living College, Dr Choudhuri now trains therapists, coaches, and healers worldwide in transformational tools from NLP and Hypnosis to Timeline Therapy.

In the Trauma Reverse Program, she guides practitioners in recognising trauma imprints, working safely with the nervous system, and gently dissolving patterns of fear and disconnection. An Oxford-trained cancer researcher and Senior Leader Coach for Robbins Research. Dr Choudhuri blends rigorous science with deep intuition, creating learning experiences that consistently move participants out of their comfort zones and into profound, permanent change.

About Vitality Living College

We offer training in therapeutic and coaching skills like, Emotional Freedom Techniques (EFT), Neuro-Linguistic Programming (NLP), Hypnosis, Life Coaching and Executive Coaching. Our trainings are globally accredited providing professional certification, mentoring and business building set-up skills for well-ness and coaching professionals. Book our courses to learn the skills to use on yourself or to become professionally qualified as a practitioner, coach, or trainer.

www.vitalitylivingcollege.info

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21 DAYS OF SELF-CARE WITH EFT TAPPING



In this gentle and practical manual, Dr Rangana Rupavi Choudhuri (PhD) of Vitality Living College guides you through 21 days of EFT tapping, reflection and self-care. Each day explores a different emotion, helping you pause, understand what you are feeling and reconnect with yourself.

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Transforming Lives