



25 Clients IN 25 DAYS

5 Weeks of Mindset Magic – Fill Your Client List (and Your Programs) Easily!



A *Divinely Intuitive*[™] BUSINESS PROGRAM

"I just can't do it all!"

Class #12 – Tapping Transcript

Disclaimer: This transcript has been edited; however, there may be English or grammatical errors since it is spoken English, as opposed to written English. Please ignore the errors (or let us know where they are so we can correct them). ☺ Enjoy the call!

Let's declare our intention....

Let's call in our guides and call in our angels.

And we say, *"Thank you."*

Thank you, thank you for giving us this opportunity to clear out all the things that just keep us from having what we really want,

That keep us from showing up as who we truly are.

Thank you for the guidance, the love, the support, the compassion, the grace.

We are grateful.

And so it is.



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Let's start tapping...

Even though I just get overwhelmed,

I get overwhelmed with all the things that I have on my plate,

The things on my to-do list,

The things on my project list,

The things that others need help with,

The things I need help with,

I get overwhelmed.

I feel like I have to do it all.

And I feel like I have to do it all perfectly.

And I feel like if I don't, I'm going to be judged either by myself or by someone else.

Frankly, I don't like being judged.

Unless, it's nicely.

Unless, it's with good judgment.

Then, in which case, it's okay.



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I really, really, really have so much in my life.

So much goodness, so much abundance, and love, and care, and kindness, and grace.

I have so much already.

And somewhere inside of me,

I think I'm still not doing enough,

I'm still not handling enough,

I'm still not being enough,

Something is still not quite there.

I love the expansion.

And I love the sense of creation in all its myriad forms.

I love knowing that what I'm doing is what I came to do.

I love helping people,

I love creating beauty around me,

Being the vessel for healing,



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Being the vessel for the Divine,

Being the vessel for joy, for love.

I love all of that.

And I'm willing to let go of my "shoulds."

I'm willing to let go of the things in my head that say, "You should be doing it better."

Of the perception that I have that someone else is saying that about me as well.

I'm willing to let go of my own "shoulds."

And say, "fuck off" for the other people's "shoulds."

"Okay, thank you for sharing."

"I get that that's what you think. It doesn't make it so."

I'm willing to explore the possibility that their "should" has nothing to do with me.

And that I am willing to let it fuck go.

Let my reaction, my response to their "should,"

I'm willing to say, "Thank you for sharing."

"Okay. The last time I checked, you weren't in my wallet."



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“You weren’t in my bank account.”

“You weren’t in my business.”

“You weren’t in my home.”

“You weren’t in my body.”

“You weren’t in my life.”

“Not like that.”

“My life.”

I’m willing to let that go.

That response that comes up inside of me that says, “They’re right.”

“You really fucked up that.”

“You really should be doing something better.”

“You really should look a different way.”

“You really should be doing things more... whatever.”

I let go of my agreement with them,



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My agreement that says, “You’re right. I should.”

Instead, say, “Thank you for sharing. Doing the best I can over here.”

And sometimes, the “best I can” includes downtime for me.

And that’s okay.

I am willing to experience the world in a whole new way.

I’m willing to recognize I am the universe.

I am the one who creates the emergencies,

Who creates the stories around the emergencies.

I am the one who creates because I love helping others.

I love making others feel better.

I love knowing that I can provide something for them.

I love being their support.

Is it possible that I can be their support and my support as well?

Is it possible that I can gift myself the gift of self-support?



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Is it possible that I can find a way to manage me and manage the demands on my time so that I'm happy?

Because I know that at the end of the day, when I go to sleep, I want to be happy with me.

I want to be happy with how my day unfolded.

I want to be happy with how I took care of me, my own projects, my own life,

Not just everyone else.

I'm willing to explore the concept that I am creating feast or famine.

Maybe it can be consistent.

No famine, but consistent.

Consistent food, consistent meals, consistent experiences with clients, with money.

Maybe that is what's possible.

And that is the story I tell.

Maybe that is the story I begin to tell now so that I can create that,

Even if I feel like I'm lying,

Even if I feel like something is wrong when I tell it, "That's not true."



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I can create a new story.

I have consistent, even income in my life and in my business. This is my truth.

I have consistent great clients. This is my truth.

I can be who I truly am and people will love me. This is my truth.

I attract my perfect clients now. This is my truth.

This is my truth.

This is my truth.

This is my truth.

And so it is.

Go get your Divine On!

Divine hugs,

Anne

Rev. Anne Presuel

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