



**Choosing to extend kindness and compassion to *yourself* AS YOU ARE RIGHT NOW is the quickest and most effective way to create positive change in all areas of your life.** A simple way to do this is to take a daily 'Tapping Snack'.

**Tap through the points repeating *I choose to love and accept myself* at each point.** You can say the words aloud or silently. You can also adapt the words to suit yourself. Remember to include *I choose...* - being truly accepting of ourselves is a work in progress. The critical brain can't argue with your choice.

To create lasting positive shift in your wellbeing and effectiveness in life generally, I recommend at least 5 minutes every day of the 'Tapping Snack'. Set a timer and do it, allowing whatever thoughts and feelings that emerge to be included in your choice to love and accept yourself.

