



mind love

Tapping for Joy

Rewiring the Brain and Finding
Happiness with EFT

A Masterclass By: Valerie Greene

EFT Practitioner and Transformational Life Coach

Lesson 1:

Joy filled life

1. Explore the emotions or recurring patterns in your life that you believe could benefit from EFT. What are some specific situations, memories, or triggers that you would like to work on using this technique?

2. What are a few dreams or goals would you like to achieve? What would you need to believe about yourself in order to accomplish those dreams or goals?

3. In video number 1, Valerie mentioned that a limiting belief is a thought pattern that we hold about ourselves or the world around us, that is holding us back from achieving our full potential or happiness. EX: I am not good enough, smart enough, or deserving enough to achieve my dreams and goals.

What may be some limiting beliefs that are holding you back?

4. How could releasing these limiting beliefs create space for more JOY in your life?

Lesson 2:

Science behind tapping

1. Reflect on the concept of neuroplasticity—the brain’s ability to change and rewire itself. How does knowing that your brain has the capacity to adapt and form new neural connections impact your perspective on personal growth and self-improvement?

2. What are some “weeds” or negative thought patterns that frequently arise in your mind’s garden? How do these thoughts impact your overall well-being and personal growth?

3. Imagine your mind’s garden free from weeds and limiting beliefs. What would it look like? How would your thoughts and actions be different if you could cultivate a mindset of positivity, abundance, and self-belief?

4. Visualize a future where your mind’s garden is thriving, free from weeds and limiting beliefs. How would this impact various aspects of your life, such as relationships, career, self-confidence, and overall fulfillment? What steps can you take today to nurture this vision and create a more empowering mindset?

Lesson 3:

What brings you joy?

1. Reflect on moments in your life when you have felt pure joy. What were the circumstances, activities, or people that contributed to those joyful experiences?

2. Consider the natural world and its ability to inspire joy. What aspects of nature, such as landscapes, animals, or natural phenomena, bring you a sense of awe and happiness?

3. Explore the different senses through which you experience joy. What sights, sounds, smells, tastes, or textures evoke a sense of joy within you?

4. Reflect on the relationships in your life that bring you the most joy. Who are the people who uplift, support, and bring positivity into your world? How can you nurture and deepen those connections?

5. Consider the activities or hobbies that make you lose track of time and bring you immense happiness. How often do you engage in these activities?

Lesson 4:

Tap along me now. Anchor in your Joy.

How are you feeling in this moment? What do you notice in your body?

Rate your joy on a scale (0-10) 0 not very strong, 10 really joyful.

How Joyful are you in this moment? 1 2 3 4 5 6 7 8 9 10

TAP ALONG

Recheck

Notice it is improving.

How Joyful are you in this moment? 1 2 3 4 5 6 7 8 9 10

TAP

Recheck

Notice it is improving.

How Joyful are you in this moment? 1 2 3 4 5 6 7 8 9 10

TAP

Last Recheck

Notice it as improved.

How Joyful are you in this moment? 1 2 3 4 5 6 7 8 9 10

Look how powerful you are! In just a few tapping rounds you changed your personal state!

How has participating in these tapping rounds impacted your emotional well-being and self-discovery?

How can you incorporate tapping for joy throughout your day?

Lesson 5:

Final prompts and thoughts

Remember, journaling is a personal exploration. Embrace the journey of self-exploration and allow yourself the space to delve deeper into your thoughts, emotions, and aspirations.

1. Consider your goals and aspirations. What are your short-term and long-term goals in various areas of your life, such as career, relationships, health, or personal development?

2. Reflect on your self-care practices like EFT. How do you prioritize self-care and nourish your mind, body, and soul?