



SUCCESS FACTOR TAPPING RITUAL

Before You Begin

Take a moment to pause. Place one hand over your heart. Breathe in through your nose. Let it out slowly through your mouth.

And if it feels good, allow a little smile to soften your face.

You're safe. You're held. You're allowed to receive.

This practice is designed to help you calm your nervous system, clear resistance, and call in the frequency of overflow, so make sure to take it slowly, no rush.

Let it be gentle. Let it be yours. I would recommend doing this morning and night for the rest of Success Factor.

How to Tap

We'll tap through these points using your first and second fingertips:

1. Karate Chop (*outside of one hand to the inside of the other tapping together*)
2. Top of Head
3. Eyebrow

4. Side of Eye
5. Under Eye
6. Under Nose
7. Chin
8. Collarbone
9. Underarm
10. Wrists (tapping the insides together)

We'll repeat the sequence three times, then close with a hand on heart.
You can speak these words aloud or in your mind as you tap.

Setup Statement (Repeat 3x): Karate Chop/ Speak Out Loud

Even though I was taught to build from pressure, to chase, to force...
I now root into a deeper truth.
I am safe to be grounded.
I am safe to feel lit up.
I honour the part of me that knows... I was made for this.
I deeply love, trust, and honour the woman I am becoming.

Tapping Through the Points – Round One:

Crown: I release the pressure to get it right. I no longer live in urgency.
Eyebrow:: I am grounded in who I am. I trust the timing of my design.

Side Eye: My power does not come from hustle. It comes from truth. From fire.
From my body.

Under Eye: I create success from my root. I receive wealth from my sacral.

Under Nose: I feel what's alive. I follow what's true. That is my power.

Chin: The world told me to build from my mind. But I now build from my body. My deep, inner knowing.

Collarbone: I release the need to push. I allow myself to be pulled. By desire. By alignment. By truth.

Under arm/ ribcage: Success is not something I chase. It's something I become. And I am becoming her now.

Tapping Through the Points – Round Two:

Crown: My root is strong.

Eyebrow: I am supported. I am steady.

Side of Eye: My sacral is alive. I know what turns me on. What turns me into myself.

Under Eye: I allow money to respond to my radiance. To my lit-up clarity.

Under Nose: I no longer need to wait for approval. I respond to life through my own design.

Chin: Success flows through me. Not because I do more But because I am more me.

Collarbone: I trust my yes.

Under arm/ Ribcage: I honour my no.

Inside Wrists Together: I allow what's true to lead. I allow what's true to lead.

I allow what's true to lead.

Closing

Place your hand on your heart. Take a slow, full breath in. Exhale gently.

Smile if it feels good.

Say to yourself x 3

I am safe. I am ready. I am open.

***Drink plenty of water when you are done and treat this like a massage for the nervous system, so be gentle and kind and don't get rushing straight away.**