



# Mentoring Program

## Successful Business Building Steps

### Course 7 Module 4 Lesson 4

## PR You May Need to Tap On

It's easy to get "self-conscious" whenever we're sharing, teaching, presenting or even being in public, but think about this: you can only feel uptight and self-conscious if you're self-centered. What I mean by that is you can only put your primary focus in one direction.

Is your focus on you or on them?

**Tap for presenter's fear and self-consciousness.** (Refer to Course 6 Erase Your Resistance to Marketing Your Business. The Self-Healing Module in Course 6 also has a few great tapping audios!)

Even though I am afraid they will judge me

Even though I don't know if I can answer their questions

Even though I might not give a perfect workshop

Even though I don't know what they'll want from me

Even though I imagine they will

Reframes...

I realize RIGHT NOW that I'll know more than they will about TET Tapping.

I will be transparent and honest. If I don't know an answer, I'll tell them so and then they won't expect me to be perfect.

No one likes perfect people anyway...they're not real and they're not approachable.

Forgiving myself for thinking only about me...What do they need? Why are they here? HOW can I be of service?!



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### Course 7 Module 4 Lesson 4 (continued)

Let's play with TET Tapping and see what we can learn together!

**Do you need to tap right now? Here are some quick suggested reframes:**

#### **If EGO SAYS . . .**

- **This feels like I am trying to manipulate.** (NO, my dear, you're doing the most loving work of standing in her (their) shoes and making the problem and solution clear so that you can ask Spirit to help you bless her (their) lives.
- **This seems like too many steps.** (What will you tell the hundreds of souls when you get to Heaven and they approach you saying, "I was waiting for you. Why didn't you keep our divine healing appointment?" How much work is too much for your Spirit?
- **What if I don't know what to say or how to lead or answer their questions?** (PERFECT!) I want you to feel humble and open and asking God every step of the way. Your safety depends on letting God lead you, not your EGO. Be humble enough to say, I don't know, but I'll find out. Or to pray "God HELP!" in the middle of tapping when you can't see where to go.

The most masterful coaches GET / Understand their clients and the challenges they face.

Master Coaches have deep empathy for people in pain.

Loving Coaches are always servant-hearted and eager to help others out of the pits and problems life is throwing at them.

I know that YOU, as a member of The EGO Tamer® Tapping Academy are THAT kind of person. Do NOT let your EGO talk you out of being the brilliant soul that you are.

**If you feel stuck, tap with your peer partner  
or mentor before going on to the next lesson!**