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**The Four Step System for  
Joyful Living\_ Career and  
Life Transition**

**DECODING  
THE SECRETS OF  
JOYFUL LIVING**

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*"I trust that we do not come  
across by accident, today we  
connect for a reason. "*



## APPLYING THE FOUR STEP SYSTEM FOR JOYFUL LIVING – CAREER AND LIFE TRANSITION

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**Tap to bring in clarity and intuition for direction and decision-making.**

Do you need to make some important decisions in life at this moment? Do you seek clear-cut answers among different choices, and need to choose one?

Are you in the career or life tiredness period, wondering what's next for you?

Want to follow your passion and dream to do something you love, but keep staying in the same place going nowhere?

Are you in a career searching process between two jobs, frustrated and disappointed by your job search results, and get totally lost and don't know where to start?

Do you have a job or career you don't like, but you don't see how you can change it?

Are you in the transition period of your career and life? With all the changes and uncertainty, you lost the focus and concentration and need some assistance now to get your life back on track from the anxiety?

EFT starts tapping on your foggy mind status and helps you find out the emotions that bother you, like fear, confusion, anxiety, powerlessness, or self-sabotage. By releasing these emotional blocks, you become more intuitive and creative. You will discover that your inner resistance blocks you from gaining your clarity. When you let go of the heavy energy and clear up the foggy mind, you will finally have the healthy energy for taking action and moving forward.

### **Step One: Check and Discover**

#### **Find Out The Patterns And Reveal The Early Events That Contributed To Your Bothering Issues During This Transition Period.**

Start with your most pressing issue, something bothering you right now while you are experiencing some big transitions, or when you want to make some big changes for your career and life.

#### **Setup Statement**

Pick this most pressing issue, and craft a setup statement.

And check your feelings and true self-talks about this bothering issue. (E.g., do you feel fear of the uncertainty about your next step?)

Tap on Karate Chop point, say the setup statement one to three times.

Even though I have this issue \_\_\_\_\_, I feel so \_\_\_\_\_, I deeply and completely accept myself. (Fill the blank to fit your situation.)

## **Emotion Intensity Check**

Check the emotion intensity about this bothering issue during your transition period using the 0-10 scale.

## **Negative Rounds of Tapping**

- Tap on the eight meridian points on the body. Admit, accept, and speak out all feelings and self-talks about this bothering issue (E.g., lost direction for the next step, wanting to figure out but can't). Tap and get the clarity about what's going on in your mind; what's your true self-talks about your bothering issue.
- Check and find out if there is any pattern or trigger behind this pressing issue. E.g., you have to see what is ahead on your road in your life. Can't accept uncertainty, as things will be out of control?
- Tap, speak, and check your intensity score on the scale. Tap until the emotional pain (E.g., fear, confusion, etc.) goes down a bit, better below 3.
- Tap and let more self-talks come up. Find out if there is a pattern or trigger there. When do you always feel the stomach butterflies and be scared that things will be out of control?
- Tap until there are some early events revealed in mind. Those events are the reminders that they might be the inner knots contributed to this bothering issue.

## **Step Two: Unblock Buried Inner Energy Knots**

### **Release the Suppressed Negative Emotions and Untie the Old Knots from Early Events**

Repeat the same tapping procedure from Step One's *Setup Statement, Emotion Intensity Check, and Negative Rounds of Tapping*.

Tap on the early events that got revealed from the initial rounds of tapping on the issues that are bothering you.

#### **Setup Statement**

- Pick one of the old events and craft a setup statement.
- Tap on the Karate Chop point and say the setup statement:

Even though I have this old event, or this pattern, in my life \_\_\_\_\_, I always feel \_\_\_\_\_, I deeply and completely accept myself.

#### **Emotion Intensity Check**

Check the emotion intensity about this old event on a 0-10 scale.

#### **Negative Rounds of Tapping**

- Tap on the eight meridian points on the body.
- Tap on this event. Speak out all emotions, true self-talks, and thoughts about this event.

- Tap one event at a time, bring down the intensity score to 3. Then move to the next event if there are more come up. Tap and get the clarity about what scares you and blocks your intuition for solutions.
- Keep tapping and check your emotion status, until you shift to a new zone where you start to feel hopeful and can see your life situations with a neutral and objective view.

### **Step Three: Shift Our Emotional Vibrations to a Positive Place**

#### **Build A Bridge With Gratitude And Step Over From Lower Emotion Vibrations To Higher Vibrational Place**

Repeat the tapping procedure of *Setup Statement, Emotion Intensity Check, and Positive Rounds of Tapping.*

At this step, we start positive rounds of tapping.

Use \*Choices Method tapping and Gratitude tapping. Tap and shift from low-end to high-end of emotion vibrations, from the feelings of fear, depression, and grief, gradually and eventually to the emotions of peace, love and joy.

\*Choices Method tapping was developed by Dr. Patricia Carrington

#### **Setup Statement**

Pick the setup statement for the issue you are working on:

Tap on Karate Chop point:

#### **Choose Method Tapping:**

Even though I still have the remaining fear and have no answers about my next step plan, I CHOOSE to be at ease and peace with what is in my life.

### **Gratitude Tapping:**

Even though I still have the remaining fear and confusion about my next step, I am GRATEFUL that I have all these good things in my life \_\_\_\_\_. (fill the blank based on your individual situation). E.g., I moved into this place that fits to my lifestyle. Or I was finally able to leave the job I didn't like.

### **Emotion Intensity Check**

Check the remaining emotion intensity about your bothering issues on a scale 0 – 10.

### **Positive Rounds of Tapping**

- Tap on the eight meridian points on the body. Now check in mind, try to remember some peak times in your lifeline. What fulfilled you? What values got honored?
- Tap with positive affirmation, tap and speak out all your positive intentions, your hope, your confidence to find the solutions for the new stage of your life and career. And your determination to shift your vibrations and take actions to move forward.
- Keep checking the emotion intensity on the scale, normally it could go down 0, after the rounds of positive tapping.

## **Step Four: Move Forward to Our Intentional Place**

### **Set Up Intentions And Take Actions**

It is now the step to set up clear intentions and goal for your career and life. Energy flows where direction goes. New reality needs actions and execution to be created.

At this step, we repeat the complete tapping procedure including *Setup Statement, Emotion Intensity Check, Negative Rounds of Tapping and Positive Rounds of Tapping.*

### **Setup Statement**

Pick one of your intentions or your goals about your money issue, craft a setup statement.

Today I set up my intention: \_\_\_\_\_ I will take actions of \_\_\_\_\_ (fill in the blanks to fit your situation). E.g., Do meditations to train my mind, to relax and listen to my inner voices and improve my intuition level. I will take these steps \_\_\_\_ in the next 3-6 months to search my next job, or settle my career direction, or start the initial stage of my own business

### **Emotion Intensity Check**

Check how true this statement sounds to you or how strong you believe you will achieve this goal, using a 0-10 scale. You can also check that if you are taking action and start to move forward or not.

\*At this step, it is *Emotion Alignment* Check or mind status check.

### **Negative Rounds of Tapping**

If it still does not sound true to you, and you still don't believe you can take action to achieve this career or life goal, then go back to the previous steps.

Check what your inner resistance is for the changes. What serves you by staying in the old place feeling fear about the future, while deep down you know you want to fulfill something for your life? What is the downside for you to step out to do something new? What do you have to confront if you move to the next stage of your career and live?

Keep tapping, collapse and release them from the body system and shift the mind vibrations.

### **Positive Rounds of Tapping**

- If your intention sounds very true to you, and you do have the aligned energy towards your career and life goal and truly live your life, then start positive rounds of action tapping.
- Tap and speak out your true voices - your desires, your break down action plans for your career and life goals. Draw mind pictures and film mind movies about your life when you finally go through this transition stage. Tap on what you see in mind, and what you want to create in your future career and life reality.
- Inspect your execution of your action taking. Break your goals down so that you can take move step by step until you get to the destiny place. Observe both your physical and mental activities.
- Keep diligent and persistent tapping. Do different exercises to stay and maintain healthy energy levels. Build new healthy mind and emotion habits to replace the old behavior patterns and improve your money vibrations.

**The following attached is an example script of tapping on career and life transition issue. Please follow the video and tap along.**

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## **Tapping Script On Life And Career Transition - Decision Making In A Dilemma Situation**

\*While tapping, you can repeat these phrases out loud, or change the words to fit your exact situation.

**Setup statement (tapping the Karate Chop Point on either hand):**

“Even though I feel it’s difficult to make decisions between A and B, I deeply and completely accept myself.”

“Even though I am in a dilemma and don’t know what to do, I completely accept the facts and am at peace with it.”

“Even though I feel so anxious and feel hesitant about making a decision between A and B, I accept, love and forgive myself and this anxious feeling.”

**Check the intensity scores on the scale.**

0 = the least intensity, and 10 = the most emotional intensity.

**Negative rounds of tapping focusing on problems:**

Eyebrow:            This anxiousness to make decisions.

Side of Eye:        So scared.

Under Eye:        Whichever decision I make

Under Nose: It will have a huge impact on my life and my family life.

Chin: I don't want to move ahead, but I have to.

Collarbone: I don't know what to do.

Under Arm: So hesitating.

Top of Head: Too big a decision.

Eyebrow: I have done all the analysis.

Side of Eye: Advantages and disadvantages are very clear for either decision.

Under Eye: It's such a dilemma.

Under Nose: It's hard to tell which one is better.

Chin: I talked to many people already.

Collarbone: Different people support different decisions.

Under Arm: I am confused.

Top of Head: What can I do?

Eyebrow: So stressed.

Side of Eye: I have to pick one and move on in two days.

Under Eye: Need some guidance.

Under Nose: I am confused and scared.

Chin: Feel foggy in my brain.

Collarbone: I can't think more.

Under Arm: But I need to pick one.

Top of Head: Everybody is waiting for me.

Tap with more rounds if needed until you bring the scores on the scale down below 3 or even 0.

**Positive rounds of tapping (start to shift and focus more on solutions):**

Eyebrow: I really want to make a good decision.

Side of Eye: But I realize now with this stress level,

Under Eye: There's no way I can think effectively.

Under nose: I need to relax myself a little bit.

Chin: Since I can't think at this moment.

Collarbone: Maybe what I need to do is to stop a little bit.

Under Arm: I find I always think clearer when I am relaxed.

Top of Head: At least I can find a way to get myself relaxed.

Eyebrow: Or maybe there is no more to think.

Side of Eye: Cause I already thought about almost everything.

Under Eye: It's more about intuition – my gut feeling.

Under Nose: Maybe I need to calm down and ask myself.

- Chin: Which one is my heart decision, and which one is from my head.
- Collarbone: How do I feel it in my gut if I pick decision A?
- Under Arm: Or do I feel it in my gut when I choose decision B?
- Top of Head: Maybe I need to listen to my favorite music now (or anything that suits you which will help your intuition. e.g., massage, hiking)
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- Eyebrow: I feel a bit calmer already at this moment.
- Side of Eye: It's not that pressing now.
- Under Eye: The foggy brain is cleared up a bit.
- Under Nose: It seems I really need to stop thinking about it now.
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- Chin: I already had a headache.
- Collarbone: I tried too hard, and it made me nervous.
- Under Arm: Now I realize that I need to have a peaceful mind if it's a right decision for me.
- Top of Head: I can check these two decisions again when I come back from my rest.

Check the intensity on the scale. Keep tapping until the score goes down below 3, or 0.

Check and see if there is the clarity in mind about this decision making.