

The Ultimate Truth Statement



A Powerful Contract with Yourself



Use the UTS to:

- **Deal with hard-to-measure issues;** procrastination, being stuck, clutter, weight
- **Help easily identify core issues;** by identifying obstacles in the way
- **Easily reach goals,** or any performance issue; being a great parent, improving patience, or any athletic or achievement endeavor
- **Stay focused on goal:** instead of fretting over what you don't have (or have and don't want)

Attracting love, money or health, or fertility

Clean orderly environment

Enriched Relationships

Define how you would like to improve an area of your life...

Health or Weight

Career or Wealth



UTS

1) Write out a simple statement about one of your desires...

- “I want to make \$150,000 a year.”
- “I want do everything on a timely basis.”
- “I want a successful Pro-ER practice.”
- “I want to find my soul mate.”
- “I want to gracefully end this relationship



UTS

2) Describe how your life will be different when you have what you want

- Can travel... Be independent... Buy new home....Have great relationships...
- Can make a bigger difference....



UTS

3) Add Emotions to your statement; how you will “FEEL” when you have exactly what you want.

- Confident? Free? Happy? Secure?
- More choices? Joyful? Peace of mind?
- Sense of accomplishment?



UTS

4) Put it all 3 elements together in a powerful statement...

State your desire as if it's already here, (taking out the word "want".) Describe the differences it makes in your life, and the emotions it evokes.

Such as...



UTS Example

"I have joy, confidence and freedom knowing I'm attracting \$150,000 every year! I have infinite choices, can travel anywhere and feel great about my new-found financial security.

Wooo Hooo!



Add these 2 MAGIC PHRASES

- Begin with:

"Thank you Universe (or God, or Jiminy Cricket) for allowing me to...(fill in your UTS)



- End with:

"And Thank you _____ for making this process fun , joyful and easy!"



Magic Phrase Example

“THANK YOU UNIVERSE for allowing me to reach my weight goals so quickly. I feel healthy, alive and full of energy now. I look great in my clothes and feel good about myself again. I’m grateful that this was so easy!”



Magic Phrase Example

“Thank you Universe (or I’m so grateful that...) I feel comfortable and look awesome in my new size 8 clothes at the wedding! I enjoy being with others, feeling confident about who I am! I’m productive and have great motivation and drive. I like who I see in the mirror; A healthy, vibrant, confident person. And I chose to make this so easy!”



UTS

5) Get in touch with the conviction of your statement

...and rate the “ownership” of it on a scale from 10 to 1 (with 10 meaning you already OWN it. Zero is “what a crock!”)

Hint: It’s usually about a 5 or less at this point. 😊



Summary of the UTS

Part 1

- 1) Write a SIMPLE statement about your goals...
- 2) Describe how your LIFE will be different?
- 3) Why do you want this? Describe how you'll "FEEL" as you reach your weight goals?
- 4) Combine 1-3 in a powerful statement and add the 2 Magic Phrases (gratitude and ease)
- 5) Assign a 10- 0 a believability # to your UTS (with 10 being complete ownership)

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Part 2

Eliminating Obstacles in Your Way






UTS

6) Identify what's in the way of owning your statement

Need to figure out how to do it? Don't deserve it? Afraid of succeeding or failing)? Don't know where to start? Still "not good enough"?

Write down all of the "obstacles" in your way





UTS

3) Tap Away *Reversals* on the obstacles

“Even though I don't want to let go of all of my doubts and fears ... for whatever reason...”

“Even though I don't want to release these limiting beliefs about weight ... they give me an excuse and keep me safe!”






UTS

4) Bundle the obstacles together and give them an intensity of 10 to 1

10 means strong attachment to obstacles, zero is none




UTS

5) Clear any reversals on any obstacles

“Even though I don't want to let go of this fear of failure...”

“Even though I don't want to get over these limiting beliefs about money...”
(If you know the cause of your fear or belief, state it simply)





UTS

6) Tap away the blockages

Set up: “Even though I have this fear of failing, thanks to dad...”


“Even though I have these beliefs about how hard this is going to be...and I’ve failed before....”





UTS

5) When complete on your obstacles, reassess your UTS



If you’re not a 10 yet, what’s in your way?

Before you get started

- 1. Identify and Bundle all the obstacles (beliefs and fears) in your way of reaching your goal**
- 2. Give them a “conviction” rating; 10-1 (how strong are these beliefs?)**
- 3. Do a Reversal Neutralization on them**
“Even though I don’t want to let go of these limiting beliefs and fears...” Be specific where appropriate
- 4. Choose a specific Set-up Statement**
“Even though I have all of these fears and beliefs about being a good practitioner...”



Reluctance to Committing



6. When an 8 or above on the UTS, simply tap on “Any remaining resistance to owning my statement (or fear of committing) ...”

Tap on your UTS twice a day to stay focused on what you want...





Summary of the UTS

Part 2

- 1) Identify obstacles in the way of ownership
- 2) Give the obstacles an intensity 10 to 1
- 3) Clear reversal on obstacles
- 4) Tap it away the obstacles
- 5) When clear, go back and reassess your UTS
- 6) Tap away any reluctance to owning your statement.

Tap until your UTS reaches a 10

It's not about DOING



It's about BEING!

B's & C's of Reaching Your Goals

- **Be Clear** (free) from all limiting beliefs & fears
- **Be Clean** of all emotional blocks in the way
- **Be 100% Congruent** with your weight goals
- **Be 100% Committed** to your weight goals
- **Be 100% Confident** of reaching your goals
- **Be 100% Certain** you are making a **Life Choice**
- **Be Consistent** (most of the time) 😊
- **“C”** yourself already **Being** there
