



- 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)

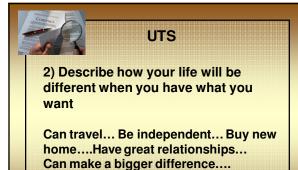
Attracting love, money or health, or fertility

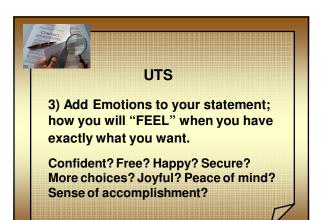


UTS 1) Write out a simple statement about one of your desires... "I want to make \$150,000 a year." "I want do everything on a timely basis." "I want a successful Pro-ER practice."

"I want to find my soul mate."

"I want to gracefully end this relationship



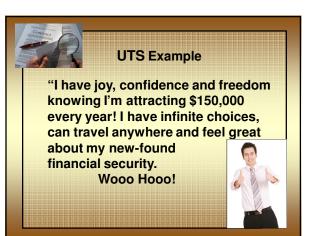


UTS

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...



Add these 2 MAGIC PHRASES

- Begin with:

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



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. <u>I'm grateful that this</u> 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

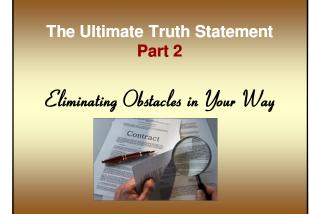
...and rate the "ownership" of it on a scale from 10 to 1 (with 10 meaning you already OWN it. Zero is "what a crock!")

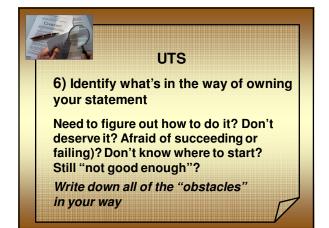
Hint: It's usually about a 5 or less at this point. 😳



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)







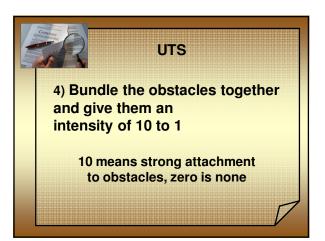
3) Tap Away *Reversals* on the obstacles

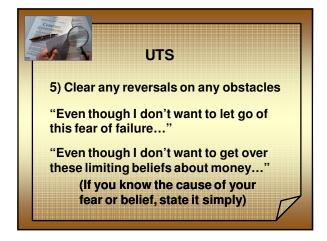
UTS

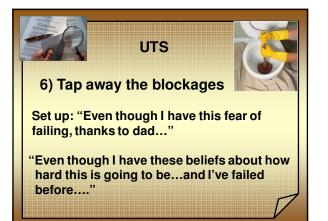
"Even though I <u>don't</u> want to let go of all of my doubts and fears ... for whatever reason..."

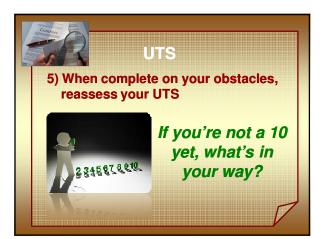
"Even though I <u>don't</u> want to release these limiting beliefs about weight ... they give me an excuse and keep me safe!"





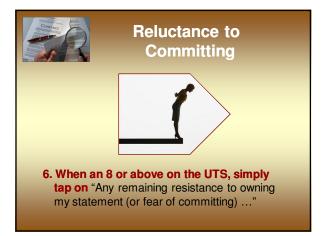


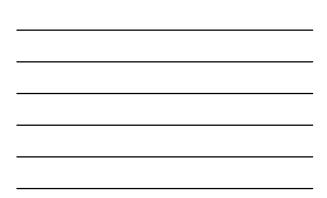




Before you get started

- 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..."





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





- 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!



