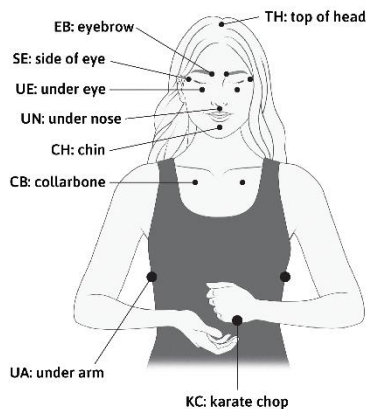




## Joyful Achiever Worksheet

### Theme 4: Using EFT Tapping to Release Stress

#### Tapping Points



This worksheet complements the 8 videos that teach you how to use Emotional Freedom Techniques (EFT) to calm your nervous system, release tension, and restore clarity under pressure.

#### Video 1: [Why Tapping Works](#)

**Insight Recap:** Tapping is emotional first aid for stress and anxiety.

**Reflection:** Where does stress show up most in your body or work life?

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**Action Step:** Tap the side of your hand and say: “Even though I feel this stress, I deeply and completely accept myself.” Write how you feel before and after.

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#### Video 2: [The Simple Sequence](#)

**Insight Recap:** The main tapping points help reset your body’s stress response.

**Reflection:** Which tapping points feel most natural to you?

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**Action Step:** Practice tapping each point while naming your stress out loud. Note any physical or emotional changes.

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**Video 3:** [Releasing Stress in 2 Minutes](#)

**Insight Recap:** Tapping for just 2 minutes can lower stress significantly.

**Reflection:** What's one stressful event or thought you could tap on today?

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**Action Step:** Do one 2-minute tapping round right now. Afterward, write your stress level before and after (0–10 scale).

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**Video 4:** [The 0–10 Stress Check](#)

**Insight Recap:** Measuring progress helps build trust in the process.

**Reflection:** How does your stress typically show up (thoughts, body, emotions)?

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**Action Step:** Before and after each tapping session this week, rate your stress level from 0–10 and record the results here.

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### Video 5: **What If Tapping?**

**Insight Recap:** “What if” statements open the mind to possibility.

**Reflection:** What limiting thought keeps your stress stuck?

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**Action Step:** Create one “What if” phrase (e.g., “What if I could relax even in chaos?”) and tap it in for one full round.

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### Video 6: **Acceptance First**

**Insight Recap:** Acceptance is the first step to letting go.

**Reflection:** What emotions or situations are you resisting right now?

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**Action Step:** Tap each point while saying, “Even though I feel this [emotion], I accept myself right now.” Note your relief level afterward.

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### Video 7: **Pairing Breath and Tapping**

**Insight Recap:** Breath amplifies the calming effects of tapping.

**Reflection:** How often do you catch yourself holding your breath during stress?

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**Action Step:** Combine slow breathing with tapping for 3 rounds today. Write how your energy feels afterward.

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**Video 8:** [From Stress to Strength](#)

**Insight Recap:** Releasing stress frees energy for clarity and confidence.

**Reflection:** What would your life feel like if stress no longer ran the show?

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**Action Step:** After tapping, say out loud: “I am calm, clear, and capable.” Write what that affirmation feels like in your body.

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**Daily Practice**

- Tap daily for 2–5 minutes, even when you’re not stressed.
- Track your stress scores to see your progress.
- Reinforce each round with deep, steady breathing.