



What Would you Choose for Today?

Today for my physical body I want to be healthy...

I want to know the joy of my body...

I want to appreciate all the things my body does...

I want to appreciate that my body does so many things I don't know about...

I want my body to continue to heal...

I also want (write two more things you want for your body today)...

Today for my relationships I want recognize the ways they feed me...

I want to grow closer to someone I love...

I want to support someone in need...

I want to have the courage to ask for help from someone else...

I want to learn something new from a friend...

I want to learn what it means to be a better friend...

I want to learn what friendship does for me...

I also want (write two more things you want from your friendships today)

Today from my work and activities I want to spend time doing something I love...

I want to get better at one thing...

Even if it is just in a small way...

I want to recognize the ways that I am growing and getting better at something...

I want to be able to teach someone else something I have learned...

I also want (write two more things you want for your activities and work today)

The logo for TAPPING Q&A features a stylized blue hand icon on the left, with fingers spread, positioned over the word "TAPPING" in a bold, blue, sans-serif font. To the right of "TAPPING", the letters "Q&A" are rendered in a larger, grey, sans-serif font.

Today from my spiritual journey I want to know more deeply who I am...

I want to recognize the hand of God in my day...

I want to have the opportunity for my spirit to grow...

I want to be a model for others to grow in faith and spirit...

I want to recognize how I have grown...

I want to see a new path for growth and transformation...

Even if it is with something small...

I also want (write two more things you want for your spiritual self today).

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Gene Monterastelli is the editor of TappingQandA.com. Gene works with clients from all over the world one-on-one and in groups. Gene enjoys teaching advanced techniques in tapping and teaching practitioners how to grow their practice.