



Overcome Procrastination with Intention Tapping™

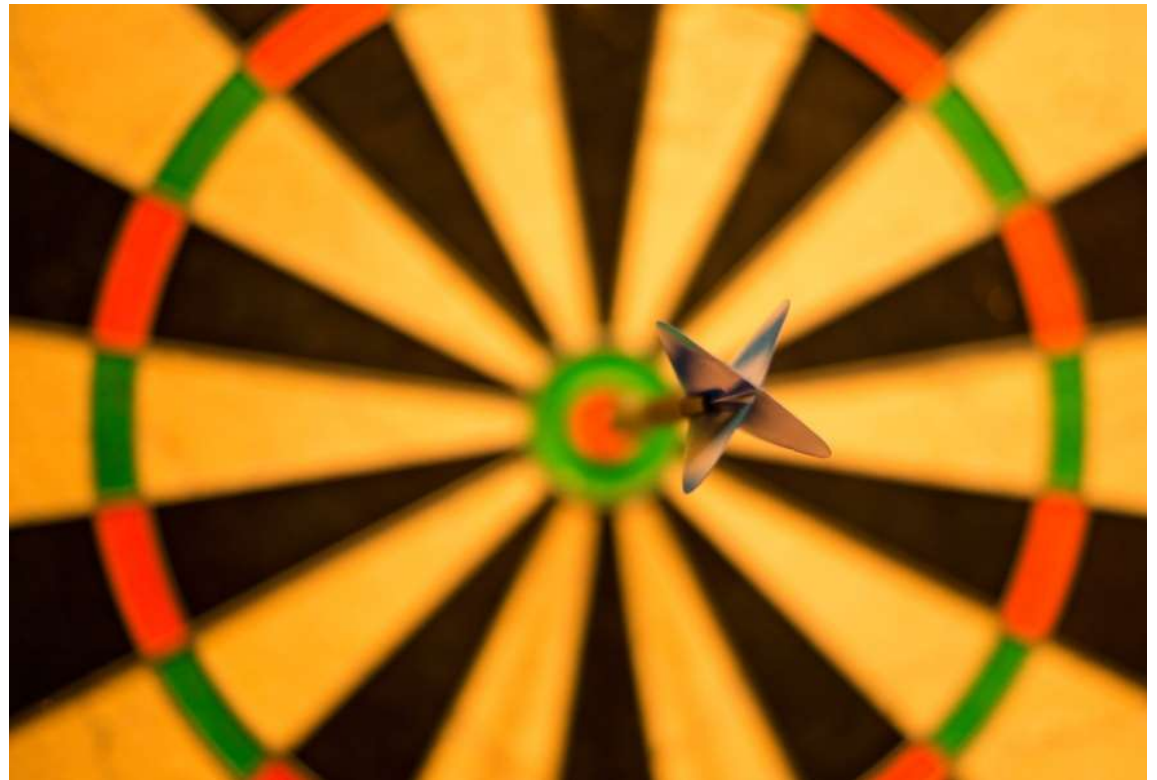
Presented by Steve Wells

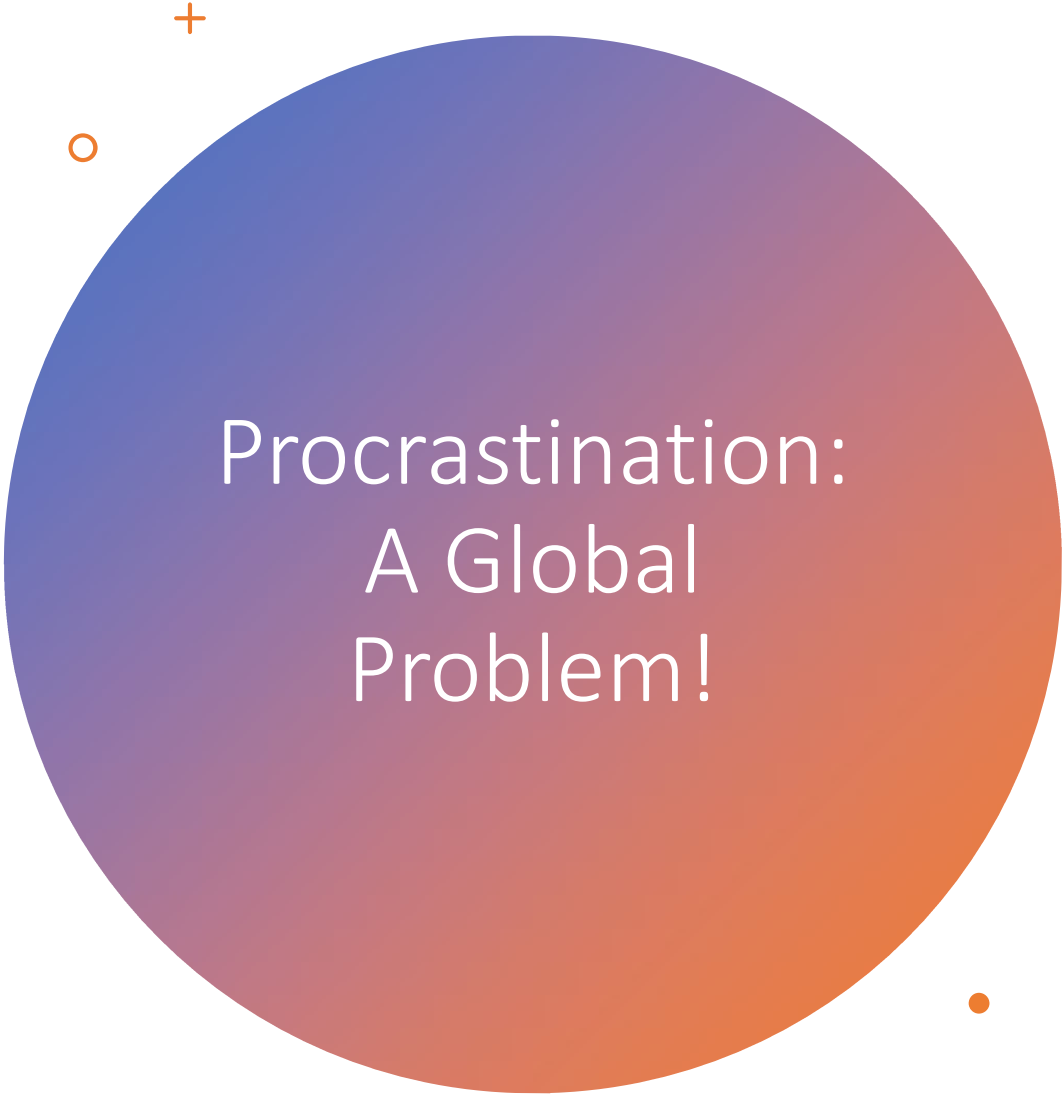
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Aims of this Presentation

Introduce Intention Tapping™ and how you can use it to:

- Release fear and emotional blocks that have been holding you back;
- Overcome your resistance to taking action;
- Free yourself to get important things done!





Procrastination: A Global Problem!

"Procrastination is the thief of time."
— Charles Dickens

*"Never leave till tomorrow that which you
can do today."* — Benjamin Franklin

*"Never put off till tomorrow what may be
done the day after tomorrow just as well."*
— Mark Twain

*"A day can really slip by when you're
deliberately avoiding what you're
supposed to do."* — Bill Watterson



*“Many people associate procrastination with laziness. But psychologists find that procrastination is not a time management problem - **it's an emotion management problem.** When you procrastinate, you're not avoiding effort. **You're avoiding the unpleasant feelings that the activity stirs up.**”*

- Adam Grant, Hidden Potential

(Emphasis mine)

Myths about Success and Successful People

- You have to be confident to succeed / *Successful people are always confident*
- You have to be motivated / *Successful people are always motivated*
- If you don't feel like it, you don't really want it.



Reality: They don't always feel like it either!

"Most superheroes are nothing of the sort. They're weird, neurotic creatures who do big things DESPITE lots of self-defeating habits and self-talk."

– Tim Ferriss, Tools of Titans

"The successful person has the habit of doing the things [unsuccessful people] don't like to do. They don't like doing them either necessarily. But their disliking is subordinated to the strength of their purpose."

- E. M. Gray, The Common Denominator of Success

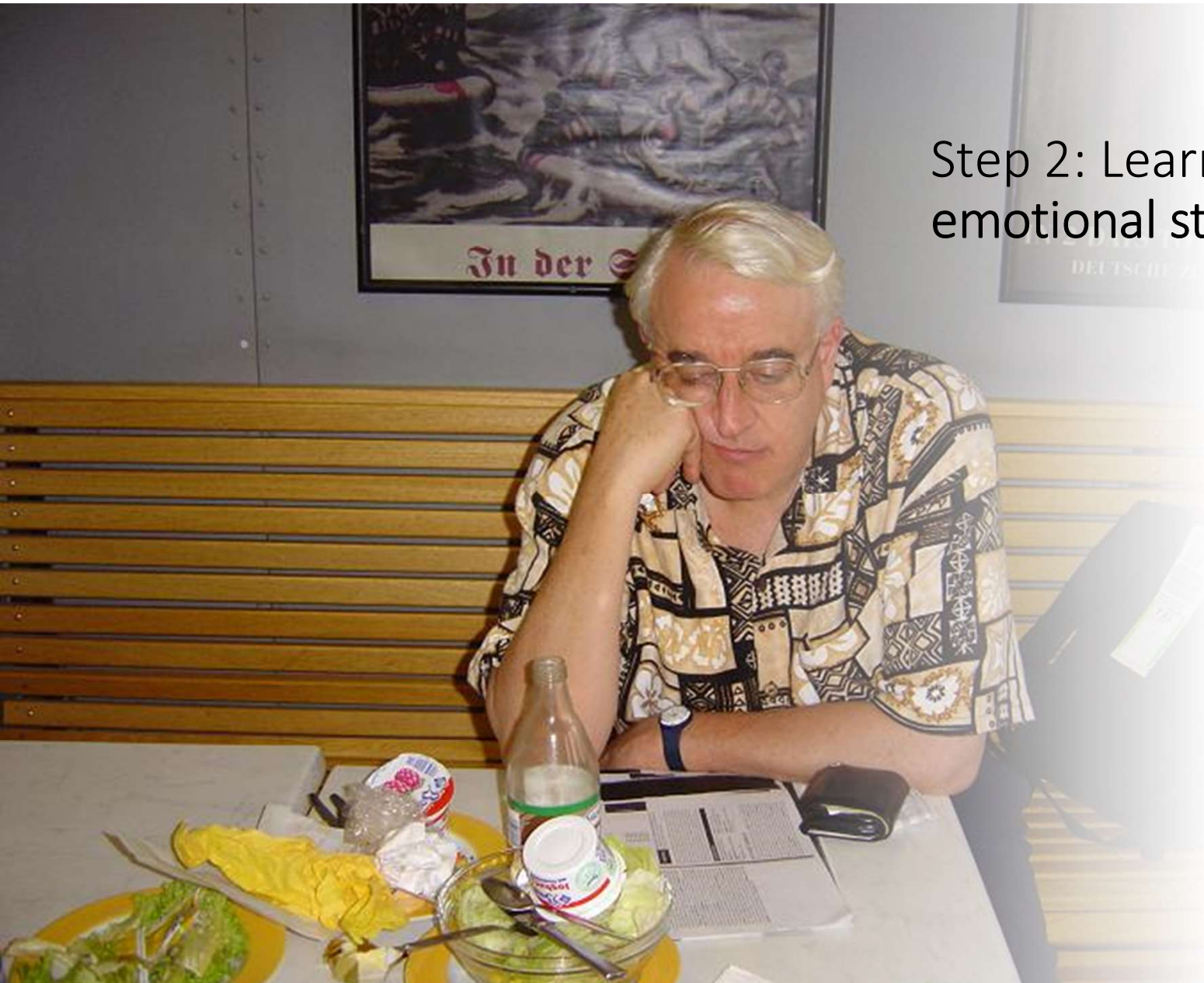


Step 1: Get clear on why

- Why do you *want* to? (vs. Why you “should”)
- Ensure your “Why” is linked to your highest values
- However, wanting it and a good reason why may not be enough...



Step 2: Learn to manage your emotional state





Enter acupoint tapping...

Multiple research studies show tapping to be effective for relieving emotional stress, anxiety, depression, food cravings, pain, trauma and PTSD, and improving athletic performance



Research on Acupoint Tapping

176+ studies as of August 2023 with 99% documenting effectiveness.

This includes 5 fMRI studies showing neurological changes and multiple comparison studies and reviews...

In total, 390+ review articles and research studies have been published in professional, peer-reviewed journals.

“...is both evidence-based and in the top 10% in terms of published psychotherapy research”.

Source: ACEP www.energypsych.org



Intention Tapping™

Combines acupoint tapping with specific intentions to:

- Release the emotional attachments that are behind your stress and fear
- Restore your body's energy to flow, bringing emotional balance and clarity
- Reconnect with your inner resources



Tapping Approach

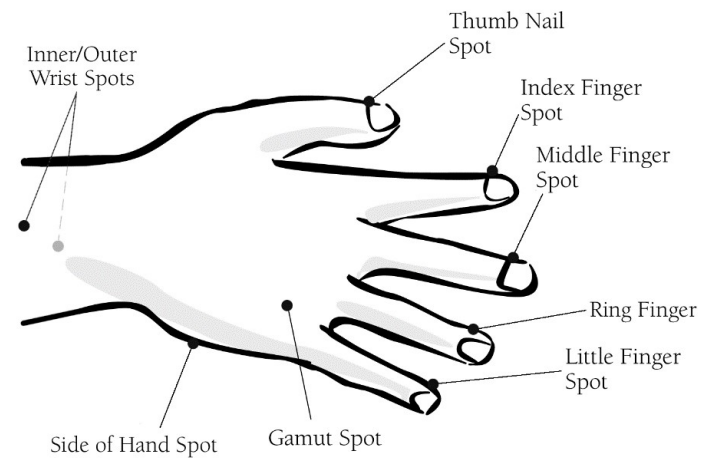
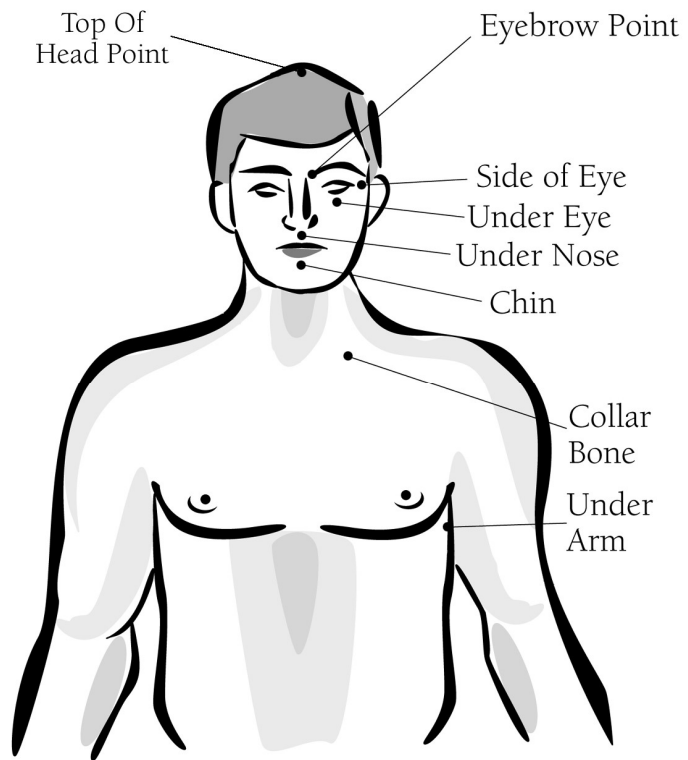
Simple Energy Techniques (SET),
developed by Dr David Lake & Steve Wells.

SET evolved as a simpler form of Emotional Freedom Techniques (EFT), and is gentle, user-friendly, efficient, and has shown similar clinical results.

Dr David Lake Co-creator of SET



Tapping Points



Tapping Basics

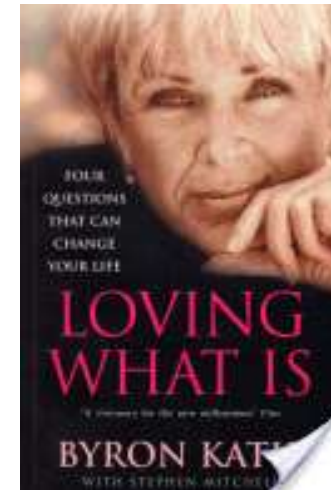
- Tap gently, any order, either side of body
- Focus on *whatever* you're aware of: Thoughts, Feelings, Body sensations...
- Tap directly (focus), or indirectly (just tap)
- Mindful Acceptance: Notice, accept, allow, follow
- In general, more tapping = better results
- Tap daily for “energy toning”



The Intention Insight

A thought is harmless unless we believe it. It is not our thoughts but the attachment to our thoughts, that causes suffering.

- Byron Katie, Loving What Is



Intention Tapping: Core Intention Statements

- I *release* all my emotional attachments to (problem, event, image, belief, thought, memory)
- I *restore* the right energy flow to (body area and feeling)





Success is on the other side of your current comfort zone

- The stuff that takes energy and effort to do, yet when you do it gives you *more* energy
- You don't feel like doing it, you only feel good once you are doing it and/or after it's done
- Glad you did it and it boosts your self-esteem
- The problem is, the bad feelings come **first**...

Creating Changes with Intention Tapping™

1: Decide what you want and decide to go for it

2: Notice any objections and inner resistance (i.e., negative thoughts, beliefs, negative feelings)

3: Apply Intention Tapping to your resistant thoughts and feelings:

- *I release all my emotional attachments to this (thought, belief)*
- *I restore the right energy flow to this (body area / feeling)*

4: Notice what comes next and continue to apply the process to whatever arises until you reach calm clarity

5. Revisit your goal: Is it 100% YES? If so, go for it! If not, reset your goal based on your values and repeat the process.

More on Intention Tapping

- intentiontapping.com
- YouTube: wellsdownunder



Conference Special

Overcome Procrastination Program Recordings

Learn to use Intention Tapping to release your resistance and turn procrastination into positive action.

4-part group coaching program originally presented live via zoom. Get instant access to the recordings of 2 groups

= 12 hours of video

Normally \$299.

Conference special **\$49 only** at:

<https://intentiontapping.com/op/>





What is your first step? Do it now.



Thank You!

I hope you found this helpful.

I'd love to receive your feedback.

Write to me: admin@intentiontapping.com