



Video Transcript

Energize Your Morning: Tapping For Focus

Hi, I'm Emily Samimi here with Gaia Goddess, and today we are energizing your morning and tapping for focus. So we're gonna get right into it. Start tapping on the karate chop point, and take a deep breath in through your nose. And when you go to release, imagine the word release and let it go. Ah.

Even though I don't always feel focused,

I deeply and completely love and accept myself,

even though I just woke up and I don't feel that focused.

I still deeply and completely love and accept myself.

Even though I don't feel that focused,

I still deeply and completely love and accept myself. Now, top of the head.

Focus.

Focus.

I just want to feel focused,

but sometimes my mind gets distracted with all of my to-dos.

All of the things that I want to accomplish,
and it can sometimes be overwhelming.
I have so many ideas in my mind.
Sometimes I don't always wanna do it
because it feels daunting with everything that I wanna do,
and so even when I want to avoid a task.
I still deeply and completely love and accept myself.
I still choose to perform the task
because when I do, I feel really happy and accomplished.
When I focus on the things I want to do,
I feel so much more energy,
feeling energy pulsating throughout my body.
This energy feels so good.
I am motivated.
I choose to be focused and motivated now
even when my mind goes to other places. I bring it back to the present moment of what I am
doing.
I focus on the tasks that give me joy,
and when I complete these tasks, I feel so accomplished.
I know that the journey is about enjoying what I'm doing,
so I release all attachments to any outcomes,
and I have focused on enjoying the task right now.

I am so productive and motivated.

The energy is going throughout my body and helping me to complete all of my tasks
whenever I get overwhelmed. I take a deep breath
and I remind myself why I am doing this task.

When I focus on the present, I become more energized.

It feels so good. To choose to feel this motivation.

I focus on doing things out of pleasure
and that's what makes me feel motivated.

I'm so excited for this day.

For all of the things that I get to do and all of the experiences I get to have,
I'm excited to learn and to grow today,
and I put my energy and focus on that.

Everything is a learning and growing process,
and I choose to focus on that even when I'm not showing up perfectly,
even when I'm not perfect, or I make a mistake.

I still deeply and completely love and accept myself.

I am focused.

I am so unbelievably focused.

I know what I must do
and I keep my eyes on that task
even when my mind wanders and I want to procrastinate.

I bring my focus back to the task.

I am so energized.

There is so much to look forward to.

I don't have to focus on all the things I need to do in the future.

I just need to focus on what I need to do now,

step by step, moment by moment.

I keep going.

I know my mission. I know my purpose,

and that feels so good because it fuels my passion.

When I am passionate, I am focused,

and this passion flows throughout my body and energizes me.

Now, take a moment. Take a deep breath in and exhale out,

and now see where you're at on the scale. And if you're at a zero, amazing. If you're still in between, or maybe you're at a one or a two, check in and maybe do another round of this. And this will help you to feel more energy and more focus and more motivation. And so I hope today will light up the path for you to see how focused you can be and how right now in this present moment, you get to choose to feel energized and to feel excited, and to feel focused throughout your day.

Again, all my love to you, and thank you so much for being here.