



Wellness Within.uk
Wellness Coach Niki Baggs

1. Find a comfortable, quiet place and position.
2. Now, take a moment and imagine yourself at your best. This can be an image of yourself in the future achieving goals you have set or a time that you felt the happiest or most secure.

Pick an image of you that makes you feel hopeful.

3. Once you have a positive image of yourself in mind, close your eyes, take a deep breath in and out, a
4. Cross your arms over your chest & **Gently & Very Slowly** tap your shoulders alternately with your hands.
5. Continue with this tapping as you focus on the image of your ideal, best self.
6. After about 30 seconds, stop your bilateral stimulation / tapping and notice whatever feelings arise or whatever came to mind.

I hope you recognise that you already hold many of the traits that you identified within your ideal self. You are capable of growing and learning to become all you are meant to be.

