

## Short Script for Procrastination

### **Begin Tapping on the Karate Chop Point:**

Even though I have all of this drama in my life, I love accept and forgive myself

Even though I always seem to procrastinate, I always seem to find an excuse, something else always seem to be available to occupy my time, I deeply and completely love and accept myself.

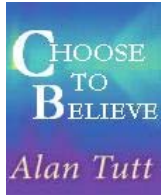
Even though I seem to always have the right excuse, I seem to always do the opposite of what I feel I should be doing, and I do love to procrastinate, even though I know that part of me doesn't feel good when I do, I love accept and forgive myself.

Eye Brow Point	I always seem to find something else to do
Side of the Eye	I always find myself procrastinating
Under Eye	I sure do have a lot of excuses
Under Nose	But I believe my excuses are reasonable
Chin	I cant always have it easy
Collar Bone	life is full of drama
Under Arm	I life wasn't full of drama then it would not be life
Top of Head	So I have reason to procrastinate
Eye Brow Point	All these excuses
Side of the Eye	All of this procrastination
Under Eye	I have good reason to procrastinate
Under Nose	I have a lot on my plate
Chin	There will always be time later
Collar Bone	Maybe in a week or so
Under Arm	I have good reason to procrastinate
Top of Head	So don't tell me I shouldn't procrastinate

Eye Brow Point	But maybe I do put things off too long
Side of the Eye	Maybe I always seem to find excuses
Under Eye	A little procrastination could be healthy
Under Nose	But maybe I have made it a habit
Chin	Maybe I even thrive on the thought of it
Collar Bone	What if I can change
Under Arm	What if I can make procrastination my friend
Top of Head	Maybe its time to accept change

Eye Brow Point	I choose to accept change and to take action
Side of the Eye	I choose to stop making UP excuses
Under Eye	I even choose to start planning in time for myself
Under Nose	Its time to start using time as my friend
Chin	I choose to begin today taking action
Collar Bone	To accept changes in my life
Under Arm	I choose to start taking action in this moment
Top of Head	It my time to begin taking action and accepting change in my life

# Life Changing Programs



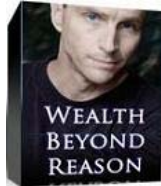
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Change your personal beliefs at a core level...What you believe you will receive.



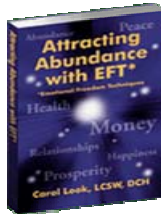
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