

# ACCEPTANCE

WEEK 1 - DAY 6

## ACCEPTANCE

Acceptance allows us to have happiness in our life.  
Acceptance allows us to come from a place of peace.

It is also important to remember that it is also a choice. Sometimes we have to face things in life that are difficult however acceptance helps us to see the lessons and blessings in those situations.

Today I want to introduce the modality of tapping, this is a wonderful way to acknowledge things you are facing or going through however giving acceptance to it at the same time.

Give this a go, you can do this as many times as you like.  
Tapping intro if you have not done this before  
<https://www.youtube.com/watch?v=pAclBdj20ZU>

Tapping into Acceptance  
<https://www.youtube.com/watch?v=mJurR8emb8o>

What things/people/ circumstances are you now accepting?  
Write a list of things you can tap on? (If you feel you have any)

RAISE  
YOUR  
VIBE

90 DAY RESET  
M MINDSET  
MASTERY • NLP  
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