

## **EFT for Writers: All out positive!**

EYEBROW: I am a great writer!

SIDE OF EYE: I am getting better and better!

UNDER EYE: I let it be easy!

NOSE: I am calm and confident!

CHIN: All is well!

COLLARBONE: I am ready to write!

UNDER ARM: Free flow of great ideas!

TOP OF HEAD: I attract solutions easily!

EYEBROW: I am creative!

SIDE OF EYE: I give myself permission to be successful!

UNDER EYE: I can do this!

NOSE: I believe in myself!

CHIN: I get all the assistance I need!

COLLARBONE: I am joyful!

UNDER ARM: I am inspired!

TOP OF HEAD: Yes, I can!

EYEBROW: I am going all out!

SIDE OF EYE: I do what I love!

UNDER EYE: I have so much potential!

NOSE: I love my writing!

CHIN: I do what I was born to do!

COLLARBONE: I express myself fully!

UNDER ARM: I am moving forward!

TOP OF HEAD: I am a great writer!

