



MIND-BODY-ENERGY CONNECTION

- examine how energy flows through the body
- identify the mind/body connection between their emotions and how they feel when their energy is balanced vs unbalanced
- learn two exercises based on Donna Eden's Daily Energy Routine

THE ORIGIN & SCIENCE OF EFT

- learn the origin and science behind EFT (depending on grade level)
- identify potential uses for applying EFT
- learn how to apply Basic EFT; and how to measure and record their progress
- learn two exercises based on Donna Eden's Daily Energy Routine

PUTTING BASIC EFT TO PRACTICE

- practice using the EFT and record their progress
- learn two exercises based on Donna Eden's Daily Energy Routine

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PROGRAM OVERVIEW

BUILDING EFT SKILLS

- learn more about the specific tapping points on the body
- learn additional EFT exercises

SETTING MEANINGFUL GOALS

- learn how negative thoughts and beliefs limits potential and goal setting
- learn common goal triggers
- learn a strategy for identifying their own limiting thoughts and beliefs

USING EFT TO REFRAME LIMITING THOUGHTS AND BELIEFS

- learn how to discover your personal limiting thoughts and beliefs
- practice one EFT technique to shift the limiting thought/belief

MAINTAINING ENERGY AND ENTHUSIASM FOR SUCCESS

- learn importance of celebrating small steps along the way
- practice using EFT to reframe their personal goal triggers and limiting thoughts and beliefs that can sabotage their effort

VISUALIZATION TECHNIQUES FOR OVERCOMING OBSTACLES

- identify an academic goal
- identify any obstacles to the goal
- practice visualization techniques for overcoming obstacles

"It has been so good for my students to have new strategies to help them deal with the stress and anxiety they face daily."

LIZ MIDDENDORF, TEACHER



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