

# EFT JOURNAL TEMPLATE

---

**Optional** - EFT Tapping Point Statements Key:

1 – Inner Eyebrow	2 – Outer Eye	3 – Under Eye	4 – Under Nose
5 – Under Mouth	6 – Collarbone	7 – Under Arm	8 – Top of Head

Today's Date:	Situation Heading:
Situation Details ( <i>Self-Talk</i> ):	
Baseline Intensity Rating (0-10): _____	
<b>Karate Chop Statement</b>	
<i>Even though:</i>	
<i>I choose:</i>	
<b>Negative Out Statements</b>	<b>Positive In Statements</b>
1	
2	
3	
4	
5	
6	
7	
8	
Progress Intensity Rating (0-10): _____	
Benefit of Exercise:	