

**ABUNDANCE ALIGNMENT:  
TAP TO TRANSFORM YOUR LIFE  
WORKBOOK**  
by Evelyn Lim

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**Tap to Transform Video #1**

Q1. When you think about money, how do you feel?

I feel \_\_\_\_\_.

Q2. Based on your answers for Q1, are they mostly positive or negative emotions?

\_\_\_\_\_.

If you have mostly negative emotions, your relationship with money can be improved.

The same goes for any life area. If you are feeling mostly negative emotions around the situation or life area, there is opportunity for a shift to take place.

Q3. When you think about yourself, how do you feel? What are your thoughts like?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Your self-talk or thoughts about yourself can be indicative on the relationship you have with the self.

Overall, how would you rate your relationship with wealth and yourself? Rate with the Relationship Scale from 0 to 10, with 10 being intensely healthy and 0 being very poor....

Money - \_\_\_\_\_

Yourself - \_\_\_\_\_

**Tap to Transform Video #2**

The Tap to Transform Process Involves Parts A and B. Fill in the following blanks....

Part A - \_\_\_\_\_ framework

With \_\_\_\_\_ times for applying the set-up statement,

\_\_\_\_\_ times for applying the tapping sequence

And \_\_\_\_\_ breath in and letting it out.

What is your Money Breakthrough Glass Ceiling Amount?

\_\_\_\_\_

What is the financial situation that you are in and that is causing you massive emotional disruptions?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are your negative emotions? What are you feeling about your financial situation?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What are your thoughts and beliefs about your situation?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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Are these thoughts and beliefs creating a block in the way of manifesting a breakthrough?

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What is the intensity score for your emotions as you think about the situation that you are in? Rate your intensity from 0-10 with 10 being the most intense.

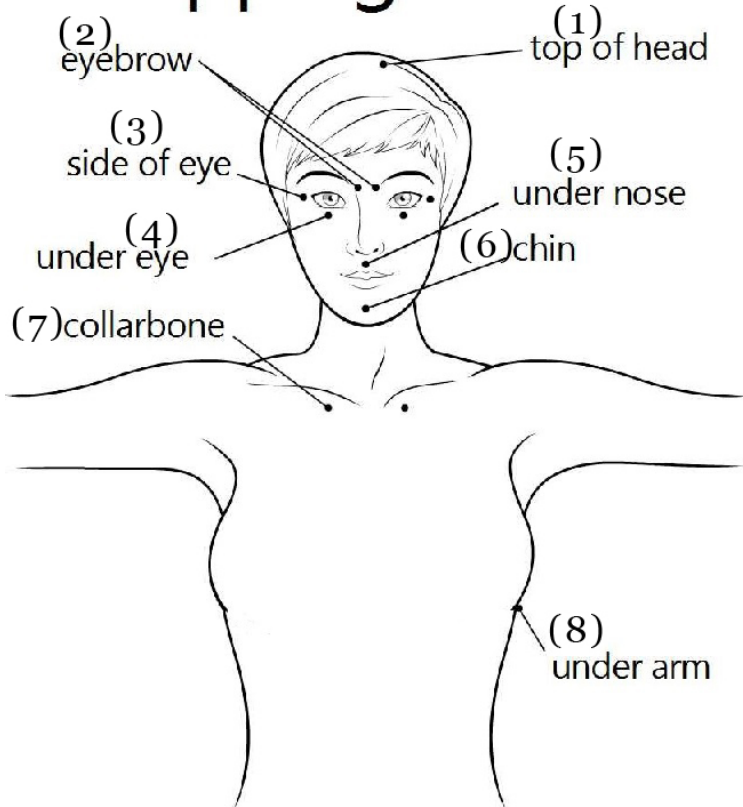
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What is the healing set-up statement that you are going to use for tapping?

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# Tapping Points



## Tap to Transform Exercise

Tap for your emotional disruptions or limiting beliefs that you have.

*Tap to Transform Video Series*

In part B, there are steps 4, 5 and 6.

Step 4: \_\_\_\_\_

Step 5: \_\_\_\_\_

Step 6: \_\_\_\_\_

For Step 5, what are some of the positive words that you can start your better-feeling stories with?

\_\_\_\_\_

Step 6 involves expressing \_\_\_\_\_ as well as stepping into the \_\_\_\_\_ within your mental picture.

What are some of the things you are thankful to the Universe/God for?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Tap to Transform Video #3**

Self-love offers one great path to \_\_\_\_\_.

3 Secrets to Making Tapping a Success are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tail enders are your \_\_\_\_\_. They explain your self-sabotage.

Overcoming limiting money beliefs improves your \_\_\_\_\_.

**Review of the Tap to Transform Process**

Were you able to apply the Tap to Transform Process? \_\_\_\_\_

Did you manage to apply the Tap to Transform Process sufficiently for a shift to happen? How do you know that a breakthrough has taken place?

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Are there any limiting beliefs or common money myths that continue to be unresolved for you? If so, what are they?

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How much do you desire a money breakthrough to happen? Please rate according to intensity from 0-10. Zero being not at all and ten being an absolute yes! Score:

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Are there any other life areas for which you desire a breakthrough to happen? If so, state what these are and what are your breakthrough goals?

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Here's what you can do for next steps if you need more assistance....

**RESOURCES**

**(1) IMPROVE YOUR RELATIONSHIP WITH MONEY COURSE**

Check out my self-paced online course on  
Improving Your Relationship with Money

<https://courses.evelynlim.com/p/money-relationship-course>

**(2) GET PERSONAL 1:1 HELP**

**HOW YOU CAN ACHIEVE A BREAKTHROUGH  
THAT TAKES YOU FROM BEING STUCK TO SUCCESS**

**Discover How You Can:**

- Shatter your glass ceiling once and for all,**
- Better overcome your limiting beliefs and money myths,**
- Achieve your goals with greater ease and much less struggle,**
- Apply the Tap to Transform process properly with your questions answered.**

**Apply for a 30-min Discovery Session Here**

<https://www.evelynlim.com/discovery-call>