



Sales Mastery Journal Prompts

The Benefits of Journaling While Performing Mindset Programming with EFT

Journaling and EFT (Emotional Freedom Techniques) work together to **rewire your mindset, release emotional blocks, and reinforce positive transformation**. When combined, they create a powerful synergy that deepens your healing journey.

- ✓ **Enhanced Emotional Processing** – Journaling allows you to **track patterns, uncover subconscious beliefs, and process emotions** that arise during tapping.
- ✓ **Deeper Self-Awareness** – Writing helps you **gain clarity** on limiting thoughts and how they shift over time.
- ✓ **Stronger Mindset Shifts** – Putting your thoughts on paper **reinforces new, empowering beliefs** introduced through EFT.
- ✓ **Increased Resilience** – Documenting your progress **shows growth**, even when healing feels slow.
- ✓ **Stress & Anxiety Relief** – Journaling after tapping helps **release lingering tension and integrate new perspectives**.

How to Use Journaling with EFT for Maximum Transformation

For the next four weeks, **choose one journal prompt per day** and write freely. **Healing is a layered process**, and as you journal, you'll begin to notice how your mindset **shifts and expands** over time.

💡 **Best Practice:** Perform your **somatic practice first** (such as EFT, deep breathing, or movement) to **release stored tension** before writing.

⚠️ **If a journaling session brings up strong emotions or triggers, seek support.** Contact **Dr. Gigi, a therapist, or a trusted source** for guidance.

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📖 ✨ **Your words hold power—use them to rewrite your story and step into a new version of yourself!**

Journal Prompts

1. What beliefs do I hold about my ability to sell?
2. How do I feel about the pressure to meet sales goals?
3. What past experiences have influenced my approach to sales?
4. How do I define success in sales, and what does it look like for me?
5. In what areas of my sales process can I embrace imperfection?
6. What steps can I take to build my confidence in selling?
7. How can I celebrate my successes, no matter how small?