

Tap Along

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A Brand New Year and a brand new start for all of us. Jaqui Crooks gives us a New Year's New Start Tap-along to help us remember who we really are.

This year seems to be about change and excitement and doing things differently. We're so lucky to be living at this time, where we have so many tools that we can use to help us to stay positive about who we are no matter what goes on around us. By using the tools that we have we are able to stay in a good space to be the most use to the universe and to those around us.

Even though this is a new year and I don't know what it will bring, I deeply and completely accept myself.

Even though everyone out there says it'll be a really tough year, that's their perception and maybe I don't need to buy into it.

Even though I'm scared about how I'll cope, I choose to remember that I'm much stronger and wiser than I think I am and I have all that I need within me to do much more than I think I can and I deeply and completely accept myself.

HEAD I don't know

EB it might be tough

SE I feel scared

UE they're trying to scare me

UN maybe I don't need to buy into it

CHIN maybe that's their stuff

CB maybe I don't have to make it mine

UA maybe I'm stronger than I think

Even though it's scary hearing the media talk and people around me too, I choose to only focus on the things I can do something about.

Even though they do their best to frighten us, I choose to stay calm and centred and go about MY life in the way that's best for me.

Even though I don't know what's best, the best is to use my emotions as a guide. If something feels good, brings more happiness or peace into my life I choose to do as much of that as I can. If something feels uncomfortable, I'll do less of that and I deeply and completely accept myself.

HEAD the media scares me

EB I can focus on the things I can do something about

SE I choose to stay calm

UE I chose to live my life the best way for me

UN I'll follow my emotions

CHIN if I feel uncomfortable, I'll do something else
CB if I feel good I'll do more of it
UA I deeply and completely accept myself whatever I do

Even though I may make resolutions and not stick to them I deeply and completely accept myself.

Even though I may forget to be positive, I choose to remember that every moment in my life is a new start.

Even though I'm so good at beating myself up, I choose to remember to be kind to myself, to remember that there's a reason I'm here right now, whether I know what it is or not and that all is right with the world and with myself and I deeply and completely accept myself.

HEAD I don't stick to them
EB I forget to be positive
SE I get caught unawares
UE every moment is a new start
UN I beat myself up
CHIN I can be kind to myself
CB I'm here for a reason
UA It'll all work out and it's not my job to know how!

Even though I don't know what the New Year will bring, I choose to expect the best.

Even though I don't know what the New Year will bring, I choose to have a sense of excitement and curiosity.

Even though I don't know what the New Year will bring, I choose to be open to amazing things, opportunities and people coming into my life and I choose to celebrate who I am right here and now and who I'll be during this wonderful brand new year.

HEAD I don't know what will happen
EB I expect the best
SE I don't know what the year will bring
UE I'm open to amazing possibilities
UN I celebrate who I am
CHIN I celebrate where I am
CB I'm full of gratitude
UA for this brand new wonderful year

May this year be truly wonderful for you, filled with abundance in every area of your life. May you find your wishes fulfilled and joy in all you do.