

Date:

## The Secret Formula – Daily Worksheet

### Step 1. Neutralize Negative Emotions (EFT)

List ALL of your negative emotions. Indicate the category they fall under: **emotions, bad habits, cravings, addictions, physical** (pain, illness or disease), **limiting beliefs** or **otherwise**. To learn more about *how* to use EFT on **everything**, [click here](#). I've found that EFT is best used for clearing negative emotions, the [HAMR technique](#) is great for changing your limiting beliefs and the [Power Pause](#) is great for all kinds of problems. Check off each negativity after it has been cleared.

a) Current Negative Emotions: <a href="http://www.bright-future.net/emotions_list.pdf">www.bright-future.net/emotions_list.pdf</a>	Type	Starting intensity	Current intensity	Date Cleared
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