
Your Soul Is Calling You To Put Yourself First

by Stacey Vornbrock, M.S., LPC



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The information presented in this ebook is educational in nature and is provided as only general information. In reading this ebook, you understand that you will be introduced to a modality called Emotional Freedom Techniques (“EFT”) which is a technique referred to as a type of energy therapy. To date, EFT has yielded remarkable results for relieving emotional and physical distress and enhancing athletic performance. EFT appears to have promising mental, spiritual, and physical health benefits but has yet to be fully researched by the Western academic, medical, and psychological communities. The prevailing premise is that EFT uses the ancient Chinese meridian system to relieve emotional stress and physiological pain and it balances the energy system with a gentle tapping procedure which stimulates designated meridian end points on the face and body. By reading this ebook you understand that EFT could be considered experimental and the author does not know how you will personally respond to EFT and/or whether EFT will help you with a particular problem or issue.

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Hello Precious Soul,

If you felt drawn to download this, I know that you are over-giving!

You're the person who is always there for everyone else. You're the person that everyone can count on. You're the person that your friends and family turn to when they need help or there is a crisis.

But who takes care of you? Who is there for you when you need someone? When do your needs get met?

I'm willing to bet you are feeling some combination of exhausted, burned out, overwhelmed, stressed, and frustrated.

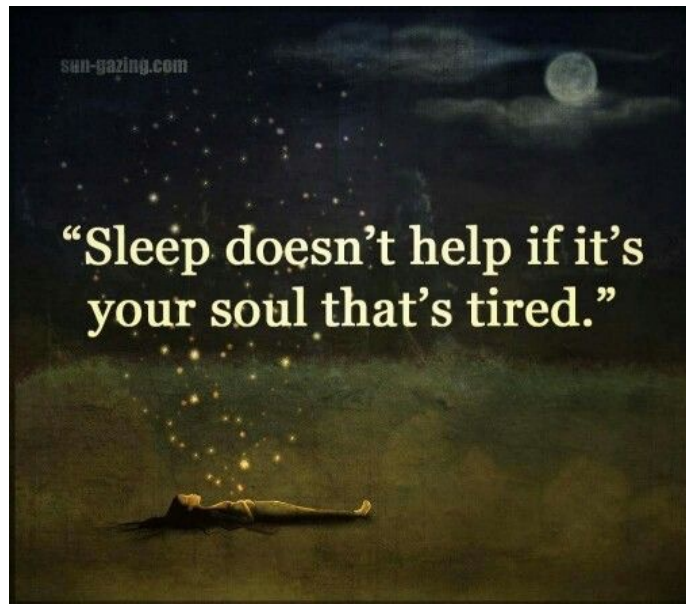
I'm also sure that you've been getting messages from your Higher Self to slow down and take care of yourself by putting yourself first. You've either ignored those messages or you're not sure how to put yourself first.

I know this from first hand experience. Several years ago I had a three-day "vacation" with friends that put me over the edge. I thought I was going to have a relaxing, fun time and instead they spent the entire three days talking about their problems and their married children's problems.

I was so stunned and overwhelmed (and already exhausted), that I was unable to interrupt what was happening and so I just listened, and listened, and listened...and the entire time I was feeling worse and worse.

When I came home I had an experience unlike any in my life. I was beyond exhausted on a *soul level*.

Honestly, there weren't words to describe what I was experiencing because I'd never had these feelings in my body or soul before. All I could say is that I was tired on a soul level and I wasn't sure I could pull out of it, it felt that bad.



I immediately contacted two of my spiritual advisors for help. Now I need to interject here that they'd been telling me for a couple of years previous to this that I needed to start putting myself first but I wouldn't do it.

As a professional listener (therapist), I've spent my entire life having strangers, friends, and family talk about everything with me. They would talk and talk and I would listen and they would rarely ask about my life or me. It was a big dump on me verbally and energetically and when they felt better, they would end the conversation with no questions about my life or a chance for me to share anything with them.

Now I take 100% responsibility for allowing this to happen. It's not their fault; I willingly allowed it, even though I didn't like it.

I thought that putting myself first and setting boundaries with friends and family would be a selfish act. I was given this gift that allowed people to feel safe with me and share their feelings and troubles and I "had to" honor that.

Until...I finally had nothing left to give anyone and realized that I couldn't be of service to anyone (most importantly my clients), unless I started taking care of myself and putting myself first.

But how in the world do I do that? That was my question to my spiritual advisors. I was completely clueless! Luckily they had some wonderful suggestions that slowly but surely worked.

First of all I had to re-train my friends and family...after all I had trained them in the first place to call and dump on me by allowing that.

So I made a “NO” list and a “YES” list. On the “NO” list I put the names of friends and family that called and talked only about themselves and never asked about my life. These were people that when I hung up the phone or walked away from a lunch or dinner, I felt depleted, rather than energized.

I had 16 names on my “NO” list.



On the “YES” list I put the names of friends that asked about my life and listened to me...we had a mutual sharing when we spent time together. I would hang up the phone or walk away from lunch or dinner feeling energized and happy from our time together.

I had 5 names on my “YES” list.



I took my lists and put them by the phone. When anyone on my “NO” list called, I didn’t answer the phone...no matter what. Most of those people I didn’t even call back because I was so depleted; I didn’t have the energy to listen to them. If I did call them back, I did so when I felt good physically and energetically and I kept the conversation very short, maybe 5 min. It took time but I re-trained them through my actions.

If someone on my “YES” list called, I would evaluate if I had the energy to talk with them...if I had the energy, I’d answer the call, if I didn’t, I’d call them back later.

Next, one of my spiritual advisors told me to ask these two questions:

What builds up my energy? What brings down my energy?

She said, “Your number one priority is to pay attention to your energy being pristine. Replenishing yourself will give you a higher level of energy than you’ve ever had before”.

So I took 3x5 cards and put that statement and those questions on several of them and put them around the house to remind my conscious mind of the changes I was making.

Honestly, it was difficult at first...I really didn’t know what replenished my energy, what felt fun, or what I really wanted to do...I’d gone so far down the rabbit hole, I’d lost touch with all that.

She also said, “assume that everyone is taking your energy”. That was very smart of her to say because I have the tendency to give everyone the benefit of doubt and assume the best about people. But this was about protecting the *little* energy I had so I could start to build it back up.

I gave myself permission to sleep a lot, take naps whenever needed (nearly every day), and do anything that felt fun to me.



It took several months doing all this before I started to feel better but eventually my energy returned and I made a full come back.

I still have to be vigilant with myself...I've had a couple of back slides and so I pulled out my "NO" and "YES" lists again, along with my notes to myself and renewed my commitment to my boundaries and straightened it out.

I also started a "Nurture Myself" list. As I started to figure out what made me feel good and built up my energy, I would add it to the list.

Here are some things on my list:

- Bake a cake
- Visit a museum or art gallery
- Read a fictional book
- Take walks in nature
- Play with my cats
- Meditate
- Get a massage
- Listen to a relaxation CD
- Take a nap
- Discover a new place
- Take a real day off from work
- Break my routine
- Learn something new
- Watch a funny movie

During the time I was healing, I also examined where "putting everyone else first" came from within me. For me, it stemmed from many past lifetimes in religious orders where the number one priority was putting others first and sacrificing self to do so.

Also as a woman...well need I say more to all of you women?!

I finally had to realize that my soul was calling me to put myself first so I would have the energy to make a difference in the lives of *more* people.

Without putting myself first and making sure I'm my number one priority, I have nothing to give anyone.



This also brings me to the topic of receiving!

I know you have mastered giving to others, but how good are you at receiving from others?

Receiving compliments, gifts, help from others, and help from Spirit?

I had a beautiful friend who gave to everyone, but when anyone tried to give something to her, she just couldn't receive it. Oh, she'd take the gift but then run right out and buy something for that person. I always felt robbed of the joy of giving to her because she couldn't truly receive.

This all adds up to the one thing; I believe we're on this planet to learn to...

LOVE YOUR SELF

Take any issue you've been working on and at the core of it is a lack of self-love. Think about it...if you fully, completely, and unconditionally loved yourself, would there be a problem?

That's what putting yourself first is all about...truly loving yourself enough to put YOU first, so that you are well rested, replenished, nourished, and happy.

That's how you give more to others and the world, by being the most actualized version of yourself that you can be.

Still worried that this is a selfish act? Your *intention* is what dictates if this is selfish. If your intention is to put yourself first so you can ultimately have more energy available to give to others and the world, how is this selfish?

If you're even asking this question about selfishness, I guarantee you're not a selfish person! A selfish person would think only about himself or herself and this question would never enter their mind.

Please learn from my mistakes and start putting yourself first!



Three Tapping Protocols to Help You

Here are three EFT (Emotional Freedom Techniques) tapping protocols to assist you with putting yourself first; taking time to play and have fun every day; and learning to receive.



Tapping Points

- 1 = (EB) Eyebrow point, tap both sides where eyebrow begins
- 2 = (SE) Side Eye point, tap both sides on the temple
- 3 = (UE) Under eye point, tap both sides under eyes on the bone, dead center
- 4 = (UN) Under nose point, tap in between nose and top of lip
- 5 = (CH) Chin point, tap right in the middle where the chin indents
- 6 = (CB) Collar Bone point, make a fist and tap in the hollow of collar bone
- 7 = (UA) Under Arm point, take four fingers and tap 4" down from under arm
- a = (WR) Wrist point, tap inside of wrists together
- b = (KC) Karate Chop point, tap four fingers along side of hand

Please watch a demonstration of the tapping points I use at this link: <http://www.breakthroughperformance.net/tappingpoints/>, then take a look at the points on "Dot Man" on this page. You'll notice that each tapping protocol that I have developed will have EB, SE, UE, etc. which tells you what point to tap while you are repeating the words.

Tapping Protocol for Releasing Guilt With Putting Myself First

Tap Karate Chop Point while saying:

“Even though I feel guilty every time I take time for myself and put myself first, I deeply and completely love and accept myself. Even though I can’t take time just for me, I deeply and completely love and accept myself. Even though someone trained me to feel guilty if I take time to relax, have fun, and nurture myself, I deeply and completely love and accept myself.”

EB: It’s never okay to take time just for myself

SE: It never occurs to me that I need to take time to nurture myself and have fun

UE: If I do take time away from my family or my work, I spend that time thinking of all the things I should be doing

UN: I feel guilty every time I set aside time just for me

CH: I feel like there’s even more work to do if I take a break, so why bother

CB: If I do take time off to relax and have fun, I have to deal with the guilt about what didn’t get done

UA: It’s hard for me to realize that I need to put myself first so I feel renewed and re-energized

WR: I constantly put everyone else before me and feel guilty if I put myself first

EB: I’m holding this guilt with putting myself first in all the muscles of my body

SE: I’m holding this guilt with putting myself first in all the ligaments of my body

UE: I’m holding this guilt with putting myself first in all the tendons of my body

UN: I’m holding this guilt with putting myself first in all the bones of my body

CH: I’m holding this guilt with putting myself first in all the joints of my body

CB: I’m holding this guilt with putting myself first in all the cartilage of my body

UA: I'm holding this guilt with putting myself first in all the tissues of my body

WR: I'm holding this guilt with putting myself first in all the nerves of my body

EB: I'm holding this guilt with putting myself first in all the fascia of my body

SE: I'm holding this guilt with putting myself first in all the membranes of my body

UE: I'm holding this guilt with putting myself first in every cell of my skin

UN: I'm holding this guilt with putting myself first in every cell of my spine

CH: I'm holding this guilt with putting myself first in all the fluids of my body

CB: I'm holding this guilt with putting myself first in all the fibers of my body

UA: I'm holding this guilt with putting myself first in all the organs of my body

WR: I'm holding this guilt with putting myself first in every cell of my heart

EB: I'm holding this guilt with putting myself first in all the neuropathways of my brain

SE: I'm holding this guilt with putting myself first in every cell of my eyes

UE: I'm holding this guilt with putting myself first in every cell of my ears

UN: I'm holding this guilt with putting myself first in every cell of my mouth and taste buds

CH: I'm holding this guilt with putting myself first in every cell of my touch

CB: I'm holding this guilt with putting myself first in every cell of my nose and smell

UA: I'm holding this guilt with putting myself first in every cell of my aura

WR: I'm holding this guilt with putting myself first in every cell of my energy body

Tap Karate Chop Point while saying:

“I give my body permission to release this guilt, about taking time off for myself to relax and have fun, from every single cell. It no longer serves my body to hold onto this guilt about taking time off just for me. I choose to know and understand that when I am renewed, I can take better care of my family and everyone wins. When I am renewed I can be there for more people and everyone wins. I give my body permission to release this guilt, about putting myself first, from every cell membrane and cell receptor site.”

Tapping Protocol for Permission to Play and Have Fun

Tap Karate Chop Point while saying:

“Even though I don’t take enough time off to play and have fun, I deeply and completely love and accept myself. Even though I work too much and I don’t allow myself to renew through playing and having fun, I deeply and completely love and accept myself. Even though I don’t realize I’m not taking time off to play and have fun, I deeply and completely love and accept myself.”

EB: I get so caught up in my work and family that I forget to take time off to have fun

SE: I don’t realize that days have gone by without a break to relax and play

UE: I have an endless to do list that I think will go away if I keep working hard enough

UN: I can’t seem to remember to take time off to do something enjoyable and relaxing

CH: I suffer mentally, emotionally, physically, and spiritually when I forget to take time off to play and have fun

CB: Some part of me has to keep pushing hard

UA: But sometimes the harder I push, the less I accomplish

WR: I end up feeling exhausted and overwhelmed and that’s the opposite of having fun

EB: Maybe in this year I can make a commitment to setting aside time every day to relax and enjoy my life

SE: It doesn't have to be a lot of time every day, even 10 or 15 minutes would make a difference

UE: I can sit and read a book or look at a magazine and allow my body to relax

UN: Or I could sit and watch a few minutes of TV and allow my mind to relax

CH: I could just make myself a cup of coffee or hot tea and watch out the window as I allow my emotional body to take a breath

CB: Maybe in this New Year I can make a commitment to doing one fun activity every weekend

UA: It doesn't have to be anything big or cost money, what matters is that I'm taking time to have play and have fun

WR: Every time I make the time to relax and have fun, I am renewing myself on every level, mentally, emotionally, physically, and spiritually

Tap Karate Chop Point while saying:

"I give myself permission in this year to remember to take time daily to play and have fun. It's okay for me to release this need to push harder and do more all the time. I choose to renew myself on all levels of my being by taking time to play and have fun at some point every single day."

Tapping Protocol for the Fear of Receiving

Tap on Karate Chop Point and repeat 3 times:

"Even though I have a hard time receiving from others, I deeply and completely love and accept myself. Even though it's easy for me to give to others, but I'm afraid of receiving, I deeply and completely love and accept myself. Even though I feel vulnerable when I receive, I deeply and completely love and accept myself."

EB: It's easy and comfortable to give to others

SE: In fact, it's my second nature to continually give

UE: I enjoy giving to others

UN: But I'm a terrible receiver

CH: I feel uncomfortable when people try to give to me

CB: I feel awkward when someone tries to give me something

UA: I feel awkward when someone tries to do something for me

WR: I feel vulnerable when I'm not the one giving

EB: When I'm giving to others, I'm in control

SE: I know what to expect

UE: When I receive something, I'm not comfortable with that feeling

UN: Sometimes I don't feel I deserve what that person is giving me

CH: Sometimes I don't feel I deserve what that person is doing for me

CB: If someone gives me something, I feel obligated to them

UA: If someone does something for me, I feel obligated to them

WR: It's easier to give than to receive

EB: I'm holding this fear of receiving in all the muscles of my body

SE: I'm holding this fear of receiving in all the ligaments of my body

UE: I'm holding this fear of receiving in all the tendons of my body

UN: I'm holding this fear of receiving in all the bones of my body

CH: I'm holding this fear of receiving in all the joints of my body

CB: I'm holding this fear of receiving in all the cartilage of my body

UA: I'm holding this fear of receiving in all the tissues of my body

WR: I'm holding this fear of receiving in all the nerves of my body

EB: I'm holding this fear of receiving in all the fascia of my body

SE: I'm holding this fear of receiving in all the membranes of my body

UE: I'm holding this fear of receiving in every cell of my skin

UN: I'm holding this fear of receiving in every cell of my spine

CH: I'm holding this fear of receiving in all the fluids of my body

CB: I'm holding this fear of receiving in all the fibers of my body

UA: I'm holding this fear of receiving in all the organs of my body

WR: I'm holding this fear of receiving in every cell of my heart

EB: I'm holding this fear of receiving in all the neuropathways of my brain

SE: I'm holding this fear of receiving in every cell of my eyes

UE: I'm holding this fear of receiving in every cell of my ears

UN: I'm holding this fear of receiving in every cell of my mouth and taste buds

CH: I'm holding this fear of receiving in every cell of my sense of touch

CB: I'm holding this fear of receiving in every cell of my nose and sense of smell

UA: I'm holding this fear of receiving in every cell of my aura

WR: I'm holding this fear of receiving in every cell of my energy body

Tap Karate Chop Point while saying:

"I give my body permission to release this fear of receiving from every cell. My body can choose to relax and let go of this fear of receiving. I choose to know and understand I can become comfortable with receiving. I choose to know and understand that I deserve to receive what others have to give me. I give my body permission to release this fear of receiving from every cell membrane and cell receptor site."

Thank you and please start putting yourself first!

I'd love to hear about your experiences and results using these protocols, please let me know.

Love and Blessings,
Stacey



**Stacey Vornbrock, M.S., LPC
Sports Performance Pioneer**

Stacey gets RESULTS. That's why hundreds of professional and amateur athletes have experienced dramatic performance improvements thanks to her work, and why you can too.

As a Sports Performance Pioneer, Stacey's innovative, proprietary techniques actually define the cutting edge of athletic performance with real results in virtually any sport.

Stacey goes beyond the mental aspects of performance by addressing the cellular and subconscious levels. She helps athletes overcome physical, emotional and mental blocks, performance anxiety, prior poor performances and limiting "comfort" zones by helping them align their subconscious with their conscious goals and literally changing their biochemistry.

She is co-author of the best-selling book, "Freedom At Your Fingertips" and has authored 9 Breakthrough Performance Sports Manuals, as well as ebooks for the general public, including "Injury Recovery", "Body Recovery", "Travel Recovery", and "Coming Back to Balance".

Stacey also works with non-athlete clients and clients who are deepening their spiritual journey and want to release blocks in the way or create alignment with their goals.

Stacey works with clients around the world by phone, FaceTime, or Skype from her office in Scottsdale, Arizona.

Download your free copy of her ebook, *Conquer Your Fear of Failure and Your Fear of Success*, and see her EFT products at:
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