

Live 4 Energy

**SPLEEN
MERIDIAN**

www.live4energy.co.uk

JOURNAL



SPLEEN Meridian

Day 1 - Tapping Point

Day 2 - Negative Emotions

Day 3 - Physical Symptoms

Day 4 - Positive Emotions - AFFIRMATIONS

Day 5 - Join Day 2-4 together in sequence

REFERENCE MATERIAL

(see Charts / App / Book)

Day 1



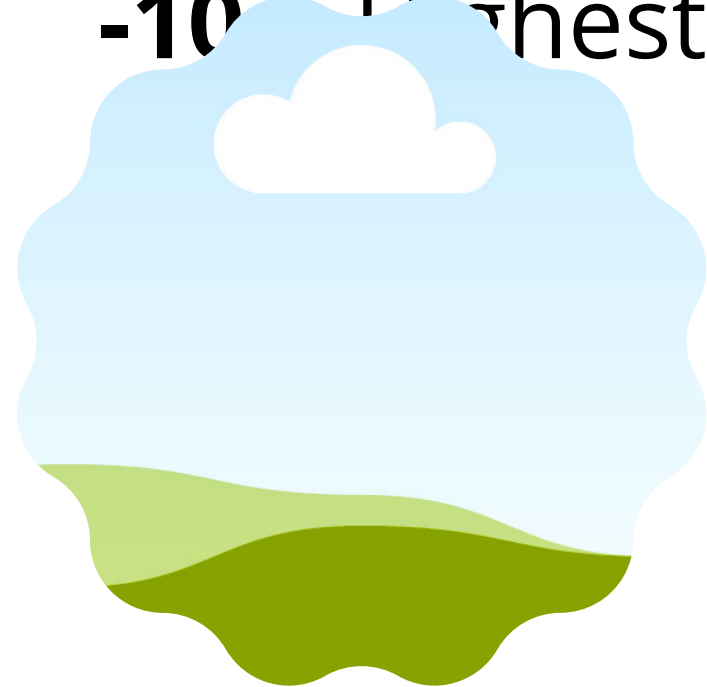
Watch today's Video then complete your findings

Intensity Value

+10 = Most Positive

0 = nothing

-10 = Highest



Physical Sensations / People / Events Coming up / Notes



Day 2



Watch today's Video then complete your findings.

Emotions Selected



Intensity Value

0 = nothing

10 = Highest



Physical Sensations / People / Events Coming up / Notes



Day 3



Watch today's Video then complete your findings.

**Physical Symptoms
Selected**



Intensity Value
0 = nothing
10 = Highest



**Physical Sensations / People /
Events Coming up /Notes**



Day 4



Watch today's Video then complete your findings.

**Positive Emotions
Selected**



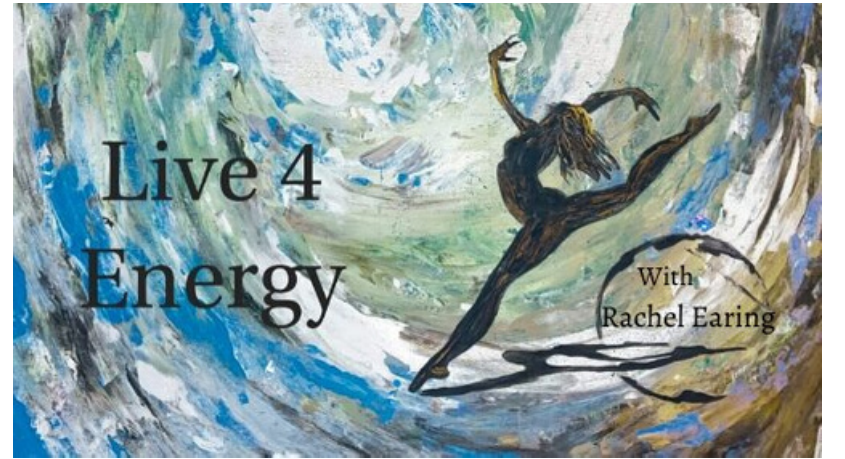
Intensity Value
0 = nothing
10 = Highest



**Physical Sensations / People /
Events Coming up / Notes**



Day 5



Watch today's Video then complete your findings.

**Combined
Sequence Day 2-4**



Intensity Value

0 = nothing

10 = Highest



**Physical Sensations / People /
Events Coming up / Notes**



NOTES