



The Velocity Method

Limiting Belief Buster Formula

Use this formula to bust through any limiting beliefs.

Use this formula to journal out limiting beliefs that you are having.

Step #1 Acuity

Acuity is the sharpness or clarity of perception, particularly in relation to the senses. It indicates the ability to accurately and precisely perceive or discern details, patterns, or differences, vision.

Action Step- Build awareness around how you are feeling.

- Getting in all your feelings
- Be an observer.
- What are the reasons why it is not possible.
- Don't be afraid to be uncomfortable.

Step #2 Prospection

Prospection refers to the act of mentally envisioning or contemplating potential future events, possibilities, or outcomes. It involves the ability to anticipate, plan, set goals, and consider different scenarios that may occur down the line.

Action Step- Get curious.

- If you follow the path of staying right here, what would your life or business be like?
- What would be your future? Get leverage with the consequences.
- On the flip side if you broke down this limiting belief what would your life and business be like? What are you gaining out of this pathway?

Step #3 Transmute

This means to change or transform something into a different form, nature, or state. This is the transformation of emotions, thoughts, beliefs, or situations. It suggests a profound shift or metamorphosis, often with the aim of achieving growth, improvement, or a higher state. In essence, transmute implies a powerful and intentional change, often involving a complete or significant alteration of the original form or nature.

Action Step- Transform those emotions by poking holes in that limiting belief.

- Process, neutralize, transmute, all negative emotion brought up by these beliefs.
- Poking holes in the old beliefs proving that it is wrong.
- Get leverage with the consequences of believing that way and what will happen as a result.

Step #4 Embody

This means to personify or represent a particular quality, idea, or characteristic in a tangible or visible form. To give visible or tangible form to an abstract concept or quality, representing it in a way that captures its essence and allows it to be perceived or experienced.

Action step-

- What are the new beliefs that would reinforce the new belief? What is the new belief?
- List any evidence that backs up the new truth.
- Anchor in the new truth, embody this version of yourself.