



The Velocity Method

Motivation Hacking

Myths of Motivation

- Motivation is something that people either have or don't.
- Motivation is like a muscle that will give you strength to power through.
- Motivation is something that can be turned on or off.
- Motivation is limited.

Motivation Hacking Formula

Vision + Pleasure + Sustainability

Vision

Gives direction of what you want to accomplish. This can be a goal, task, or project, or anything that you are feeling stuck on. Use that vision to see yourself on the other side of it having already accomplished it.

Pleasure

Use your 5 senses to help you feel good when you are doing the goal, task, or project. You don't need to use them all. Find ones that resonate with you.

- Hear- Listen to a song that you love.
- Smell- Use an essential oil that gives you good feelings or go outside to get fresh air.
- Touch- Surround yourself with a cozy blanket, or wear a soft cozy shirt, or use a fidget toy.
- Taste- Have a drink that you like to sip on. Treat yourself to a nice lunch or dessert.
- See- Have something that you visually like to look at. Is there a space that fills your soul up.

Sustainability

Break the down goal, task, or project into little steps. Then, focus on moving forward one step at a time.