



The Velocity Method

Manifestation Step 6- Release the How and Take Inspired Action

How can you release the how and lean into inspired action and playfulness?

The how is not your problem!

I know it seems like the how is your problem but what happens when you try to figure out the how you can get in your head. You can feel overwhelmed. You can self-sabotage. Your mind can get caught up in scarcity mindset.

If you're wondering, well I know manifestation is not just about sitting on the couch, hoping and waiting, You are right!

What shifts everything is inspired action.

Inspired action refers to actions taken with a sense of purpose, enthusiasm, and alignment with one's inner guidance or inspiration. It involves taking steps or making decisions based on a deep sense of motivation that arises from within, rather than just following external expectations or societal norms.

3 ways to create inspired action:

1. Play- Business can be really serious and seem like life is sucking. If you change the story from serious to playfulness it shifts the energy. When the mind is happy and at peace, new ideas come in, hope is cultivated for the future, your attention is expanded to all the possibilities. This mindset allows the subconscious mind to expand and start backing you up instead of trying to keep you safe.
2. Innovation- Have you heard the phrase innovate or die? The health of your business is based on how well you innovate. Are you keeping up with pivots and changes you need to have. You can't be innovative when you are stressed, worried, and scared. Change your story. Embrace practices that support your emotional, physical, spiritual, and mental well-being.
3. Figure it out- You can figure your way out of anything. This takes real belief in your skills, identity, and capabilities.