



The Velocity Method

Manifestation Step 4- Expand and Refine Your Vision

What is your vision and how do you see it evolving?

It is important to remain open to your goals for expanding, refining, or pivoting.

When you take time to relax, you allow space and time for your gut, intuition, and emotions, to help guide you.

Use the somatic tool kit worksheet, higher self-meditation, and journals to tap into if and how has your vision and goal changed or expanded.