



Velocity Journal

Think of why are you building your coaching program? I know we build to have freedom for ourselves and families, travel, give to our family and others, buy things and experiences. But why that specific focus?



What fears come up when you start to see the possibilities for your personal and professional goals?



Why are those fears coming up?



What are your Human Design gifts that will help you reach your personal and professional goals?



Do you trust the process? Why?

