



The Velocity Method

Step 1- Define, Decide, Declare

Define

What would you want to create in the next 10 years, 5 years, and 12 months?

Use these categories to start creating your reality.

Career/Business

Finance/Wealth

Friends/Family

Travel/Entertainment

Health/Fitness

Love/Romance

Personal Development/Spiritual

Physical Health

What would your life look like in 10 years, 5 years, and 12 months?

(In the journal section, you will deep dive into this.)

- Choose 3 areas that you want to focus on for the next 12 months.
- What would those areas be and how would manifesting those things change your life right now?
- Answer these questions to get more clarity:

What would you create?

Where would you live?

What would you do for a living?

How much time would you spend working?

How much money would you earn (monthly, annually)? How much money would you have in your bank account?

How would you choose to give back to others?

Who would you surround yourself with?

What would your ideal day 12 months from now look like?

What would your relationships look like?

Where would you travel to? What kind of vacations would you go on?

Decide

Sometimes it is hard to unclear when you are dreaming of your next reality.

You can decide on what you want. You don 't need any justification other than just you want it.

Your desire doesn't have to be logical to be valid. You just need the desire to decide.

What if you have a hard time deciding? Check in with these 2 factors.

1. Ego vs Heart
2. Worthiness

Is it my Ego vs my Heart?

Ego

Ego comes from a lack of scarcity, fear, or comparison.

- Influence from others.
- Keeping up with the Jones.
- Showing off.

Heart

The Heart comes from a place of love, joy, and fulfillment.

- Embody your best self.
- You know there is enough to go around.
- It is coming from within you.

Worthiness

These are questions to ask yourself if you are feeling unclear or uncertain.

Is there a part of you that feels unworthy of your goals and dreams?

Are you afraid to admit what you really want? Why?

Do you believe it is possible?

Do you believe you are worthy of your goals and dreams?

Are you afraid of what others will think?

Are you afraid of what it will take to get there?

Are you afraid something bad is going to happen when you achieve your dreams?

Are you afraid of losing it once you have it?

Do you think it is going to take a really long time and a lot of work to achieve your dreams?

Declare

When you declare to yourself or others what you really want, look at the language that you are using.

The subconscious mind works with present tense.

Talk about your goals as if you already have them.

Use phrases like

I am

I have

It is already done.