



Velocity Journal

Part 1- Hierarchy of Change

Start at the top of the pyramid and work your way down to build belief up your manifestation, goal, and desire.

- Spirit- Does this manifestation align with my higher purpose?
- Identity- I am (fill in the blank about what you want your current reality to be.)
Do you feel your heart's desire aligned with what you really want?
Do you embody this new reality?
- Values/Beliefs- Does this align with my values and my beliefs about myself?
- Capabilities- What are your abilities to make this thing happen?
What do you know about yourself using your HD centers, profiles, ect.
that show you have capabilities to manifest?
- Behaviors- What action are you taking to reach your manifestation /goal/new reality?
- Environment/Results- What in your current reality is happening that support what you are doing and the results you are seeing?
Look at the past and what is working in your favor. What wins have you had?
What intentional action is coming up?
What ideas have you had?
What feeling are you having?

Part 2- Check in with your Vision

Check in with your vision. Has it expanded or changed?

Has your vision changed and the manifest upgraded?

Has it shifted or stayed the same?

Is there more clarity and power behind it

