



The Velocity Method

Clear Your Vision

Clear your vision:

1. Connect with your story.
2. Celebrate your innate gifts.
3. Trust the process.

1. Connect with your story

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 is it about what you do that you love?

2. Celebrate your innate gifts.

How do you celebrate your gifts?

Human Design shows the gifts that you were born with.

3. Trust the process.

What if you did an experiment for a year?

You let go of limiting beliefs and stood in your power.

You believed in yourself relentlessly.

You practiced belief building each day.

What kind of person would you be?

Who would you show up as?

What possibilities would you have?