



Velocity Journal

What is a task, goal, or project that you have been stuck on? Why have you been stuck on this?



Using the Motivation Hacking Formula Vision + Pleasure + Sustainability

Vision

Anchor into that feeling of having already accomplished the thing you want to accomplish.

What emotions do you feel as you visualize having already done that thing?



Pleasure

Use your 5 senses to help you feel good when you are doing the goal, task, or project. You don't need to use them all. Which ones will you use?

Be specific about what you will do:

Hear (what are some things you can hear?) _____

Smell- (what are some things you can smell?) _____

Touch- (what are some things you can touch?) _____

Taste- (what are some things you can drink?) _____

See- (what are some things you can look at?) _____



Sustainability

Break down your goal, task, or project
into little steps.

Then, focus on moving forward one step at a time.

