



Velocity Journal

DEFINE

What would you want to create in the next
1 year, 5 years, and 10 years?

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 you like your life to look like in 10 years?

You don't need to use all these categories. They are just prompts to
get you to think and reflect on what you really want.

Use these questions to help you define what you want in 1 year, 5 years, and 10
years?

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?

What would you like your life to look like in 10 years?



What would you like your life to look like in 5 year?



What would you like your life to look like in 12 months?



DECIDE

As you decide your goals, answer any or all of these questions to solidify deciding on your dreams and goals?

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?



Did you check in with your Heart to decide if this is really what you want?
Are there any parts of what you want that make you feel uncomfortable?
Why?



DECLARING

Declaring is an important step to manifest what you really want.
How can you declare what you want to yourself and others?

