



The Velocity Method

Visualize Your 5 Year Self

1. Find a quiet and comfortable space where you can sit and relax without distractions. You may want to sit in a comfortable chair or cross-legged on a cushion on the floor.
2. Close your eyes and take a few deep breaths. Circle breathing Inhale deeply and exhale slowly, letting go of any tension or stress in your body.
3. Place a place you love-
4. Use your 5 senses to feel picture deeply.
5. What does you see, hear, smell, touch, and taste?
6. What feelings do you have here?
7. Look over in the distance and see someone. You start walking over to them.
8. As you get closer, you realize the person looks really familiar. You get even closer and realize this person is you.
9. This is your five years from now.
10. You walk toward your future.
11. You give your future self a hug.
12. She looks at you and says
 1. Thank you for believing in me
 2. Thank you following our dreams.
 3. Thank you trusting in our calling.
 4. Thank you for relentlessly believing in us.
 5. Thank you for being brave.
 6. It is worth it.
 7. We are worth it.
13. Take a deep breath inhale and exhale.

14. Allow the feelings of this moment to wrap you like a hug.
15. Take another deep breath and wiggle your fingers and your toes and slowly open your eyes.