



# Velocity Journal

Think back to a time when you felt stuck accomplishing your goals, what are some of the thoughts you had that lead you to feel that way?



What imagined reality, you dream goal and visions,  
do you want your  
subconscious mind to store for you today?



What are some opposing beliefs that you are trying to hold onto?



What is one thing you need to identify that is keeping you from being your higher self?

