



# Velocity Journal

What manifestation do you want to embody?

What supporting activities can you do like journaling, meditation, walking etc. that will help you stay connected to your identity of someone who already has what they really want?

Use time as a resource you control- Recognize that time is on your side. It is not limited or scarce. You are also not late or going to run out of time.

Release the pressure that time can have.

How do you feel that time being on your side?

Normalize wanting things and the desire to have the reality that you see in your soul. Your own 'I want this energy' doesn't need any strings attached or explanation beyond you just want it.

Is there something holding you back from normalizing the things you want?

Listen to your body by recognizing you don't have to be doing or achieving all the time to qualify or receive what you really want.

If you need a break because you feel burn out or tired, take a break. that can be a few minutes to a day. It doesn't take long to get clarity, confidence, and peace back into your soul.

How can you be better at listening to your body?