



The Velocity Method

Get Off the Rock and Run

Each of us, as we journey along in life, will reach mileposts that test us, break us, and ultimately define us. These can be related to our career, families, education - any number of things. As we run this marathon we call life, each of us will have to decide if we stay true to ourselves and true to our goals. Each of us will ultimately decide if we will “get off the rock and run” or stay put waiting for someone to tell us it is ok to quit.

When you stay true to yourself, to your goals and dreams, you create sense of belonging. Belonging first begins within your own soul.

8 steps to create sense of belonging within yourself:

1. Self-Reflection: Take time to reflect on your thoughts, feelings, and experiences. Understand your strengths, weaknesses, and what brings you joy or fulfillment.

- Journal
- Meditate
- Voice message your thoughts and feelings
- Get curious about what you are feeling

2. Set Boundaries: Establish clear boundaries with others to protect your time, energy, and emotional well-being.

- You are the leader of your own being.
- Leaders nurture, protect, they stand up for what they believe in.
- Speak your needs

3. Practice Self-Compassion: Be kind and understanding to yourself, especially during difficult times or when facing setbacks. Treat yourself with the same compassion you would offer to a friend.

- Practice gratitude

4. Identify With your gifts: How are your gifts backing you up more and more?

- What are the gifts of your Human Design?

5. Prioritize Your Care: Take care of your physical, emotional, spiritual, and mental well-being.

- How are you pouring into yourself?
- Is this a non-negotiable?
- Charge your battery

6. Avoid Self-Comparison: Comparing yourself to others can lead to feelings of inadequacy or self-doubt. Focus on your own journey and progress, celebrating your unique qualities and accomplishments.

- Combate feelings of comparison that with celebration

7. Embrace Authenticity: Be true to yourself and embrace your individuality. Avoid trying to be someone you're not to fit in with others.

- Human Design is your guide.
- Your soul has so many magical layers.

8. Seek Support: Surround yourself with supportive and caring individuals who appreciate you for who you are. Healthy relationships can reinforce your sense of belonging to yourself.

- Curate your own cheerleaders.
- Business BFFs
- Continue the friendships you made her.
- Create connections with other women who are embracing their power.