

To be **Voracious** means to want or devour great quantities of something - like my Lincoln when it comes to food! 😊  
Being Voracious is accompanied by great hunger, whether for food, knowledge, or wisdom.

**Vehement** means showing strong feelings - it can be forceful, passionate, or intense. When you're passionate, you're vehement - it's an intensity you feel, and it's a force unto itself.

**Vocal** is related to the voice, often singing. When you are vocal, you speak up and have a voice in your life.

James Clear says the first habit to master is showing up, and when you take this hunger (voraciousness), and this passion (vehemence) and apply them to your life, you cannot help but do just that!

Showing up for yourself is easier to do when you're vehemently voracious - this is a statement, and it's how you find your voice. It's born from hunger and passion.

So how do we do this?

1. Speak the truth (in love). The truth will set you free, but having courage and being valiant is required.
2. Be authentic. BE YOU. Who you are is not only enough - it's a GIFT! Unapologetically own who you are.
3. Be hungry (voracious) for your vision. Redirect that wasted energy of dwelling in the past to today.

And a bonus V...**Velocity** (the speed of something in a given direction) is the beginning of MOMENTUM!