

ONE PAGE MIRACLE

What Do I Want? What Am I Doing To Make It Happen?

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Tell your brain what you want and then your brain will help you match your behavior to get it! Your brain helps you make happen what it sees. When you focus on negativity, you will feel depressed. If you focus on fear you are likely to feel anxious. If you focus on achieving your goals, you are much more likely to achieve your goals.

Too many people are thrown around by the whims of the day, rather than using their brains to plan their lives and follow through on their goals.

The most powerful yet simple motivation exercise that I have designed is called the ONE PAGE MIRACLE. It will help guide your thoughts, words, and actions. It is called the ONE PAGE MIRACLE because I've seen this exercise quickly focus and change many people's lives.

Directions: On the following form, clearly write out your major goals, in the following areas:

Relationships: Spouse, love, parents, siblings, friends, extended family

Work or School: Short and long term school and work goals

Money: Short and long term financial goals

Self: Physical, emotional and spiritual health

In each section succinctly write out what's important to you in that area; write what you want, not what you don't want. Be positive and use the first person. Write what you want with confidence and the expectation that you will make it happen and include what you are currently doing to make it happen.

Work on these goals over time. After you finish it, look at your One Page Miracle every day, and then before you do anything or say anything I want you to ask yourself, "Is my behavior getting me what I want?"

If you focus on your goals every day, it becomes much easier for you to match your behavior to get what you want. Your life becomes more conscious and you spend energy on goals that are important to you.

The areas of relationships, school, work, finances and self are separated in order to encourage a more balanced approach to life. Burnout occurs when our lives become unbalanced and we overextend ourselves in one area while ignoring another.



My One Page Miracle

What Do I Want? What Am I Doing To Make It Happen?

Relationships

Spouse/Love

Parents

Children

Family & Friends

Work/School

Finances

Self

Physical Health

Emotional Health

Spiritual Health

Let your brain help you design and implement your life. Work toward goals that are important to you. Many other people or corporations are happy to decide what you should do with your life. Use the ONE PAGE MIRACLE to help you be the one who has the say.

Your brain receives and creates reality; give it some direction in designing your life.

