



One Page Miracle

Tell your brain what you want and your brain will help you match your behavior to get it! Next to each subheading below, briefly 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. After you complete this exercise put it up where you can see and read it every day.

RELATIONSHIPS

Spouse/Partner: _____

Children: _____

Family: _____

Friends: _____

WORK/SCHOOL

FINANCES

Short-term Goals: _____

Long-term Goals: _____

SELF

Physical Health: _____

Emotional Health: _____

Spiritual Health: _____