

# Miracle Question Worksheet

Imagine it is one year from now, and a miracle has happened overnight. You wake up feeling amazing and all your problems related to the situation you want to change have been resolved. Take a moment to think about this scenario and how your life looks different.

## 1. Describe the ideal situation:

Write down a detailed description of how your life has changed in this ideal scenario. Consider the specific aspects related to the situation you want to improve, such as your emotions, relationships, career, or personal achievements.

---

---

---

---

---

## 2. Reflect on the changes:

Think about the changes you have described and reflect on the reasons behind them. Consider the actions, mindset, or behaviors that have contributed to these positive outcomes.

---

---

---

---

### 3. Identify steps towards your ideal future:

Based on the changes you have envisioned, break them down into smaller, actionable steps. Think about what you can do in the present to move closer to this ideal future.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### 4. Set goals

Set realistic and achievable goals based on the steps you have identified. Make sure they align with your values, priorities, and strengths. Consider setting short-term, medium-term, and long-term goals to keep you motivated and focused.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

5. Create an action plan: Outline the specific actions you will take to achieve your goals. Break them down into smaller, manageable tasks and set deadlines for each of them. This will help you stay organized and make progress towards your ideal future.

---

---

---

---

---

---

---

---

---

---

---

---