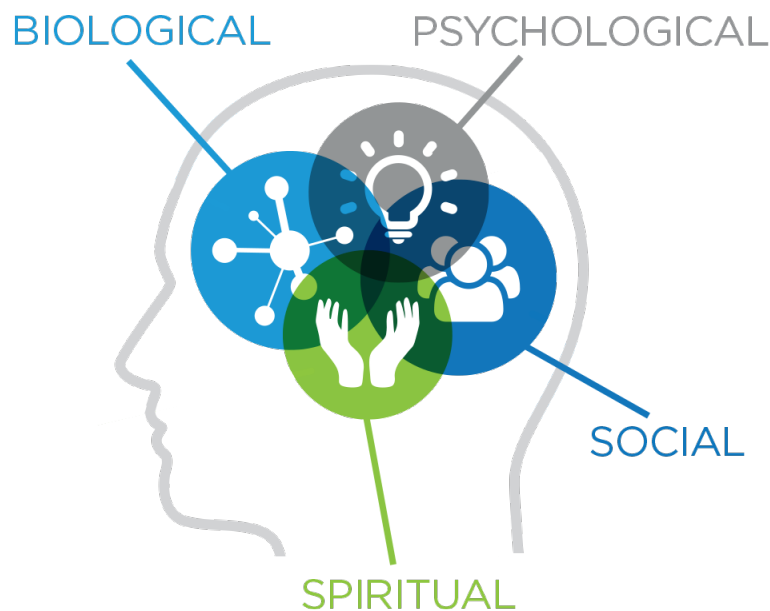


One Page Miracle:

What do I want?
What am I doing to make it happen?

Tell your brain what you want and your brain will help you match your behavior to get it!

On the next page, next to each subheading, 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.



Continue to the next page and after you complete this exercise put it up where you can see and read it every day.

BIOLOGICAL

Brain health:	
Physical health:	

PSYCHOLOGICAL

Emotional health:	
Thinking patterns:	

SOCIAL

Spouse/Partner:	
Children:	
Extended family & friends:	
Work/School:	
Money:	

SPIRITUAL

Spirituality:	
Character:	
Passions:	
Community:	
Money:	