

ONE PAGE MIRACLE

"I do not run without a goal." – (I Corinthians 9:26 NCV)

To get thinner, smarter and happier it is critical to have clearly, focused goals that you look at every day! Healthy people are able to match their behavior over time to get what they want. But first you must KNOW what you want, so that your brain can help you get out there. After prayerful consideration, fill out this form and put it where you can see it every day. Be positive and make S.M.A.R.T. goals (Smart, Measureable, Attainable, Realistic, and Timely).

MY ONE-PAGE MIRACLE

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

My Purpose

My Life's Meaning & Purpose:

My Spiritual GIFTS:

My Behavior

Short -Term:

Long-Term:

My Finances

Short -Term:

Long-Term:

My Faith

Connection with God:

Misc.:

My Family

Spouse/Significant Other:

Children:

Family/Friends:

My Work

My Passions:

Misc.:

My Health

Physical Health:

Emotional Health
