

MECHANICS OF A MIRACLE

reference guide

NOTES

THE DESIRED OUTCOME
AT FIRST SEEMED
DIFFICULT OR UNLIKELY

VISUALIZED THE DESIRED
OUTCOME

IMAGINED HOW IT
WOULD FEEL

CHOSE TO BELIEVE IT
MIGHT BE POSSIBLE
SOMEHOW

EXPECTED A HAPPY
OUTCOME

CHOSE TO KEEP CALM /
MADE PEACE WITH
PRESENT CONDITIONS

IDENTIFIED AND TOOK A
NEXT RIGHT STEP

MIRACLE HABITS TRACKER

my hopes

THE DESIRED OUTCOME SEEMS DIFFICULT OR UNLIKELY

VISUALIZE THE DESIRED OUTCOME

IMAGINE HOW IT WILL FEEL

CHOOSE TO BELIEVE IT MIGHT BE POSSIBLE SOMEHOW

EXPECT A HAPPY OUTCOME EVEN IF DIFFERENT THAN HOPED

KEEP CALM / MAKE PEACE WITH PRESENT CONDITIONS EVEN IF NOTHING EVER CHANGES

IDENTIFY AND TAKE A NEXT RIGHT STEPS

NOTES
