



THE ONE-PAGE MIRACLE

based on the goal-setting technique by Dr. Daniel Amen

What's really important to me? What do I want for my life?

Name: _____

Date: _____

RELATIONSHIPS

Romantic Partner: _____

Children: _____

Extended Family: _____

Friends: _____

WORK/EDUCATION

I want to be: _____

I want to do: _____

I want to learn/know: _____

MONEY

Short term: _____

Long term: _____

MYSELF

Body: _____

Mind: _____

Spirit: _____

Emotions/Character: _____