

ONE PAGE MIRACLE

"I do not run without a goal." (1 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 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 (specific, measurable, attainable, realistic and timely).

MY ONE-PAGE MIRACLE

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

RELATIONSHIPS

Spouse/Significant Other: _____

Children: _____

Family/Friends: _____

WORK _____

FINANCES

Short-term _____

Long-term _____

HEALTH

Physical health: _____

Emotional health: _____

SPIRITUALITY

Connection with God: _____

My Life's Meaning & Purpose: _____

My Passions: _____