

Miracle Question Worksheet

CLIENT INFORMATION

Name: _____ Age: _____

Gender: _____

☐ Male ☐ Female ☐ Other

Date: _____ dd / mm / yyyy

Miracle Question Suppose that one night, while you are sleeping, a miracle happens. The problem that brought you here is solved. However, because you were sleeping, you didn't know that the miracle had happened.

When you wake up tomorrow morning, what will be the first small signs that the miracle has happened and the problem is solved?

DESCRIBING THE MIRACLE

Describing the Miracle Take a moment to vividly imagine what your life would be like if the miracle had occurred.

Describe in detail what you would notice about your life, your thoughts, your behaviors, and your relationships.

Who else will notice when the miracle happens?

What will that person notice is different about you?

When that person notices that, what will they do differently then?

When that person does that, what difference does it make for you?

What will you do differently then?

SIGNS OF CHANGE

What are the small, observable signs that would indicate the miracle had happened?

SCALING THE MIRACLE

On a scale of 0 to 10, with 10 representing the full realization of your preferred future, how close are you to achieving the miracle?

0

1

2

3

4

5

6

7

8

9

10

NEXT STEPS

Based on your description of the miracle and where you are on the scale, what are 2-3 specific, actionable steps you can take to move closer to your preferred future?