To get healthier, 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 mindful 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: ____________________________________________
- Emotional: __________________________________________

**SPIRITUALITY**
- Connection with Your Higher Power: ____________________
- My Life’s Meaning and Purpose: _________________________
- My Passion: __________________________________________