



INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit

Dr. Daniel G. Amen's One Page Miracle

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: _____

Amenclinics.com

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