

Goal setting miracle question

Having a clear idea of how things will change once you have achieved your goal will keep you motivated. **Try this simple exercise:**

1 Sit or lie with your eyes closed and imagine you have just woken up and a miracle has happened while you slept.
Your goal has been achieved!

- As you awake, what's the first thing that you notice that's different?
- What's different about your surroundings?
- Who do you see first? What do they notice is different about you?
- How will they know something has changed for you?
- Who else will notice? What do they notice?
- What will others see you doing differently?
- What else is different now that you have achieved this goal?
- Do you notice anything else?
- What tells you the problem has gone, or the change has happened?
- Think back over the past week or so and see if you remember seeing or feeling anything of what you would like to achieve even in a small way.
- What parts of this miracle are already happening?
- What has happened recently to give you hope that things could be the way you want them to be?

2 So now you know what your future looks like, let's look at how far you are towards achieving it.

On a scale of 0 to 10, with 0 being the worst you have been and 10 being you the morning after the miracle, where are you right now?

Ask yourself these questions:

- How did I get to this point?
- What strengths, qualities and skills do I have that have helped?
- Who has helped?
- Which friends, family members or professionals have helped me?

Even if you think you are still at 0, what has helped you from falling to less than 0?

3 How will you know when you have moved up to the next number on the scale?

- What will it feel like?
- What will you be doing differently?
- What else is different about your life?

4 Let's get moving up that scale

- What's the next step?
- How will you do this?
- When?
- Who will be there supporting you?

5 Think about your personal scale. What number is OK for you? You don't need to be a perfect 10!

