

Use the Miracle Question

Think about your goals for the future

To help think about your goals, why not try the miracle question?

Imagine you go to sleep tonight and you wake tomorrow morning. During the night a miracle happened and, when you wake up, your most positive dreams for your future have come true. Remember, a miracle has occurred, so you are waking up to your life as you would ideally like it to be. At this point, you may have only quite hazy visions of your ideal future, so to help you be specific about what the real world changes would be for you, think about your answers to the following questions:

A How do you feel when you wake?

B What is the first thing you will do?

C Your best friend arrives. Immediately, they notice that things have improved. What is that they will have noticed?

D What happens next in your day?