

MY ONE-PAGE MIRACLE

What Do I Want For My Life?

HEALTH

Weight: _____

Fitness: _____

Nutrition: _____

Emotional health: _____

Physical health: _____

RELATIONSHIPS

Spouse/Significant Other: _____

Family/Friends: _____

SCHOOL

MONEY

Short-term _____

Long-term _____

Sample One Page Miracle

TAMARA'S ONE-PAGE MIRACLE

What Do I Want For My Life?

HEALTH -- To best the healthiest person I can be.

Weight: To lose 30 pounds so my body mass index (BMI) will be in the normal range.

Fitness: To exercise for at least 30 minutes three days a week and to start taking martial arts lessons. I promise no head injuries here.

Nutrition: To eat breakfast everyday so I don't get so hungry until lunchtime. To prepare a sack lunch at least three days a week so I'm not tempted to go to the fast-food restaurant across from school. To avoid the vending machines at school, eliminate diet sodas, and reduce the amount of sugar I eat. To take a multivitamin and fish oil everyday.

Physical Health: To lower my blood pressure and cholesterol levels.

Emotional health: To mediate for 10 minutes everyday to help me calm stress.

RELATIONSHIPS – To be connected to those I love

Spouse/Significant Other: To maintain a close, kind, caring, loving partnership with my significant other. I want him to know how much I care about him.

Family: To be a firm, kind, positive, predictable presence in my children's lives. I want to help them develop into happy, responsible people. To continue to keep close contact with my parents, to provide support and love.

Friends: To take time to maintain and nurture my relationships with my siblings.

SCHOOL – To be the best teacher I can be, while maintaining a balanced life. Specifically, my work activities focus on inspiring my students to want to learn, being more creative in the classroom, and being involved with extracurricular activities. I will focus on my goals at work and not get distracted by things not directly related to my goals.

MONEY – To be responsible and thoughtful and help our resources grow

Short-term: To be thoughtful of how our money is spent, to ensure it is directly related to our family's and my needs and goals.

Long-term: To save 10 percent of everything I earn. I pay myself and my family before other things. I'll put this money away each month in a pension plan for retirement.