

Benefits Of The Miracle Question

- ★ It guides you to find the 1st/next manageable step towards your goal
- ★ It asks you to choose a small, defined, easy to complete action, so that you can make immediate progress towards your goal
- ★ By completing this 1st, small step, you get Dopamine, which motivates you to find and take the next step
- ★ It gets you to create a clear picture of what you want to achieve
- ★ It establishes the reason you are doing it, and the difference it will make
- ★ This information goes into the Reticular Activating System, so that your brain then gathers information from your surroundings, to help you reach your goal