

HOW TO USE THE MIRACLE QUESTION



Start by rating yourself on a scale of happiness, 0 is lowest, 10 is highest



Ask yourself, if you were 1 point higher, what would that feel/look like, what would be different?

e.g 'I wouldn't have so much to do tomorrow morning'



Then ask yourself, what difference would that make?

e.g I would feel calmer, and more relaxed'

Tip - you may need to ask 'What difference would that make?' several times before you can narrow down enough to move on to the next section



Next, ask yourself what small thing could you see yourself doing differently, to bring yourself closer to that goal of feeling calmer and more relaxed?



Choose a small action, and when feels easiest to do it

e.g lay tomorrow's work clothes out at 9pm tonight so I have less to do in the morning