



Beyond Selfcare

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The CPR Chick*

One Page Miracle

Tell your brain what you want and then your brain will help you match your behavior to get it! Your brain helps you make happen what it sees. When you focus on negativity, you will feel depressed. If you focus on fear you are likely to feel anxious. If you focus on achieving your goals, you are much more likely to achieve your goals.

Directions: On the following form, clearly write out your major goals, in the following areas:

Relationships: Spouse, love, parents, siblings, friends, extended family

Work or School: Short and long term school and work goals

Money: Short and long term financial goals

Self: Physical, emotional and spiritual health

Work on these goals over time. After you finish it, look at your One Page Miracle every day, and then before you do anything or say anything I want you to ask yourself, "Is my behavior getting me what I want?"

My One Page Miracle

*What Do I Want? What Am I Doing To
Make It Happen?*

Relationships -

Spouse/Love -

Parents -

Children -

Family & Friends -

Work/School -

Finances -

Self -

Physical Health -

Emotional Health -

Spiritual Health -

Let your brain help you design and implement your life. Work toward goals that are important to you. Many other people or corporations are happy to decide what you should do with your life.

Use the ONE PAGE MIRACLE to help you be the one who has the say.

Your brain receives and creates reality; give it some direction in designing your life

Courtesy of Dr Amen

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