

One Page Miracle

Instructions

This is the most powerful yet simple motivation tool that can change your life. It is called the **One Page Miracle** because I've seen this exercise quickly focus and change many people's lives.

This exercise encompasses 3 aspects of your life:

1. Core Values: Why do you care? In my clinical practice, I've found that very few people are aware of their own core values, but it's an important piece of the happiness puzzle. It's also important for success too because it helps you focus on what is important to you.

*Instructions: Use the **Find Your Core Values** worksheet on page 2 to identify your values then write them in the space provided on the **One Page Miracle** worksheet.*

2. Purpose: Knowing what your purpose is and what gives your life meaning is critically important to your overall happiness. Research shows that people who are more purposeful have greater happiness and less depression. Plus, they've got more satisfaction, better mental health, personal growth, self-acceptance, longevity—and they sleep better!

*Instructions: Use the **Know Your Purpose in 5 Questions** worksheet on page 3 to identify your purpose and write your answer in the spaces provided on the **One Page Miracle** worksheet on page 4.*

3. Goals: Identifying what you want in each of the Four Circles of your life—Biological, Psychological, Social, and Spiritual—will help guide your thoughts, words, and behaviors. When you tell your brain what you want, your brain will help you make it happen.

*Instructions: On the **One Page Miracle** worksheet, write down your goals—remember to write what you want, not what you don't want—in the spaces provided.*

Find Your Core Values

Choose your important characteristics.

Select 1-2 of the following characteristics or traits in each of the Four Circles—Biological, Psychological, Social, and Spiritual—for yourself or your business or organization. Feel free to add your own.

Biological	Psychological	Social	Spiritual
Athleticism	Authenticity	Caring	Acceptance
Beauty	Confidence	Connection	Appreciation
Brain Health	Courage	Dependability	Awareness (Awe)
Energy	Creativity	Empathy	Compassion
Focus	Flexibility	Encouragement	Generosity
Fitness	Forthrightness	Family	Gratitude
Longevity	Fun	Friendships	Growth
Love - Brain/Body	Happiness/Joy	Independence	Humility
Mental clarity	Hard work	Kindness	Inspiration
Physical health	Individuality	Love of others	Love/relationship w/God
Safety	Love-self	Loyalty	Morality
Strength	Open-minded	Outcome driven/service	Patience
Vitality	Positivity	Passion	Prayerful
	Resilience	Significance	Purposeful
	Responsibility	Success	Religious community
	Science-based	Tradition	Surrender
	Security		Transcendence
	Self-control		Wonder

Know Your Purpose in 5 Questions

To discover your purpose, answer the following 5 questions. As an example, look at how influencer Laura Clery answered these questions to help her discover her purpose.

1. What is your name?

Example: *Laura Clery*

2. What do you love to do? *What do you feel qualified to teach others?*

Example: *Create content (comedy) that connects with large groups.*

3. Who do you do it for? How does your work connect you to others?

Example: *My audience brings me joy.*

4. What do others want or need from you?

Example: *They want to feel better, more connected, and feel good about themselves.*

5. How do they change as a result of what you do?

Example: *As a result of what I do, I give people a daily dose of happiness to improve their moods.*

Notice that only 2 of the 5 questions are about you; 3 of them are about others. Happiness is found in helping others.

When someone asks, 'What do you do?' answer by telling them your answer to question 5.

Laura's example: *"As a result of what I do, I give people a daily dose of happiness to improve their moods."*

By answering that simple question, you get to share your life's purpose with the many people you meet, which increases dopamine and keeps your pleasure centers healthy.

One Page Miracle Worksheet

Ask yourself if your behavior fits your Core Values, Purpose, and Goals

Core Values

(Insert your important characteristics from the Find Your Core Values worksheet.)

Biological _____

Psychological _____

Social _____

Spiritual _____

Purpose

(Insert your answer to Question #5 on the Know Your Purpose in 5 Questions worksheet.)

Overall Goals

Insert your goals, which are connected to your values, but these are specific to what you want to achieve. For instance, if you choose "Athleticism" as your VALUE, then your GOAL might be to "Run a half marathon in the next 6 months."

Biological (Brain & Body) _____

Psychological (Mind) _____

Social (Relationships, Work, Money)

- **Relationships**

- Partner _____

- Friends _____

- Family _____

- **Work/School** _____

- **Money** _____

Spiritual (Meaning & Purpose)

- **God** _____

- **Planet** _____

- **Connections to Past Generations** _____

- **Connection to Future Generations** _____

Dr. Amen's Recommendations to Help You Reach Your Overall Goals

Biological (*Brain & Body*)

Love your brain and practice the **BRIGHT MINDS** risk factors (below)

BRIGHT MINDS

- B** **Blood flow**
Exercise (walk like you are late for 10,000 steps a day)
- R** **Retirement/Aging**
Engage in new learning
- I** **Inflammation**
Eliminate processed foods, floss, take omega-3s and probiotics daily
- G** **Genetics**
Know and prevent vulnerabilities
- H** **Head trauma**
Protect my head
- T** **Toxins**
Avoid and support 4 organs of detoxification (skin, liver, gut, kidneys)
- M** **Mental health**
(see Psychological goals)
- I** **Immunity/Infections**
Optimize gut & vitamin D levels
- N** **Neurohormones**
Test and optimize regularly
- D** **Diabetes**
Maintain healthy weight and blood sugar
- S** **Sleep**
7-8 hours a night

Social (*Relationships, Work, Money*)

For better connections, practice **RELATING**:

- Responsibility
- Empathy
- Listening
- Assertiveness
- Time
- Inquire
- Notice what you like
- Grace/forgiveness

Psychological (*Mind*)

Eliminate **ANTs (Automatic Negative Thoughts)** and write down the negative belief with these five questions.

Ask yourself:

- Is it true?
- Is it absolutely true?
- How do I feel with the thought?
- How do I feel without the thought?
- Is the opposite of the thought true or even truer than the original thought?

Spiritual (*Meaning & Purpose*)

Know your why.

Choose 4-5 anchor images that help you remember what's important to you.