

The One-Page Miracle

To be successful in the world, we need to have clearly defined goals. Specifically, we need to know who we are, why we are here on Earth, and what we want to accomplish in our relationships, our work, and within ourselves. When we know what we want, we are more likely to match our behavior to get it. I have many of my patients, whether they are 6 or 75 years old, do a goal-setting exercise called the One Page Miracle.

Goal setting is a function of the prefrontal cortex, the most evolved part of the human brain. In order for this part of our brain to be as effective as possible, it's important to know what we want. Being goal-directed helps keep our behavior on track. Goal setting is not for some far-off dream. It is for now and it is very specific. Making goals that you can focus on daily will make a big difference in your life.

The One Page Miracle (OPM) is an exercise to help children, teens and adults be effective in their day-to-day lives. In studying successful kids and adults, the one thing they had in common was a sense of personal responsibility and clear goals. It's got the name 'The One Page Miracle' after how effective it is. It is an exercise that will help guide nearly all your thoughts, words and actions.

Here are the directions to help you develop your own OPM. Take one sheet of paper and clearly write out your major goals. Use the following main headings: Relationships, School/Work, and Myself. Under Relationships write the subheadings of parents, siblings and friends. Under School/Work write current and future school and work goals. Also include section on how you want to get along with your teacher. Under Myself write out body, mind, spirit and interests.

Next to each subheading clearly write out what's important to you in that area; write what you want, not what you don't want. Be positive and write in the first person. Keep a copy with you for several days so that it can be worked on over time. After you finish with the initial draft (you'll frequently want to update it), place this piece of paper where you can see it every day, such as in your notebook, on your refrigerator, by your bed or on the bathroom mirror. That way, you can focus your eyes on what's important to you every day. This makes it easier to match your behavior to what you want. Your life will become more conscious, and you will spend your energy on goals that are important to you.

I separate the areas of relationships, school/work and myself in order to encourage a more balanced approach to life. Burnout occurs when lives become unbalanced and overextended in one area while ignoring another. Fill out the One Page Miracle on the next page, make a copy, and then put it up where you can see and read it every day. It is a great idea to start the day off by reading your One Page Miracle to get focused for the day. At the end of the day, ask yourself if your behavior helped you in achieving your goals.

My One-Page Miracle

What Do I Want For My Life?

Health

Weight:

Fitness:

Nutrition:

Emotional Health:

Physical Health:

Relationships

Spouse or
Significant Other:

Family/Friends:

School

Money

Short-term

Long-term

