

Miracle Question Questions

I am having ideal days.

How am I feeling in the morning?

What am I doing differently in the first hour of the morning?

As my day progresses, what are some of the things I'm doing in my morning, afternoon, and evening?

Who is with me?

What is the quality of the air, light, or atmosphere around me?

What emotions are present as I move through this miracle day?

What beliefs about myself feel true in this version of my life?

What habits or patterns feel effortless now?

How do I close out my day?

How am I feeling about my day as a whole?

What is my sleep like?

My relationships are ideal.

How do I treat myself in this miracle version of my life?

What does my inner voice sound like?

As I nurture self-connection, what needs are consistently met?

How do I interact with the people closest to me?

What becomes easier in my relationships?

How am I feeling towards my partner?

How am I feeling about how I participate in and contribute to my relationship with my partner?

What are we sharing? What are some of the things we are enjoying together?

How are we feeling about our connection?

How am I nurturing connection with friends?

What is contributing to a sense of community with people outside of my home?

My environment is ideal

What does my physical environment look like in this miracle?

What spaces support my well-being, creativity, or connection?

I am living in my ideal home. Where is it? What is it like?

How much time am I spending in my home?

What am I doing in it?

Who is with me?

How do I feel being in this home?

I have my ideal career/job/lifestyle.

Why am I excited to be in my career/job/lifestyle?

What do I find fulfilling or connective about it?

What skills and strengths am I using?

How does this career/job/lifestyle empower me?

What do I now trust myself to handle?

Who or what supports me in sustaining this new reality?

I am having an ideal year.

What weekly, monthly, or semi-annual activities am I doing?

What projects or adventures are fulfilling and exciting to me?

I am living in alignment with my values

Which of my core values are most alive in this miracle?