

The Miracle Method Worksheet

Change your Inner Talk and Change your Life

Miracle: Transforming fear into love, illusion into truth and anxiety into serenity.

Inner Talk is the software that runs our life. We are either talking with Toxic Ego Voices or with our True Voices. We are either acting from love or fear. Used daily, the Miracle Method will help you solve problems, accelerate your personal evolution, and live a conscious and creative life.

1. Live consciously.

Stop. Stop your unconscious routine (habitual doing and thinking). Wake up to conscious awareness.

Look. Look inside yourself. Shine the light of awareness. Breathe.

Listen. Listen to your Inner Talk. Listen to your body, heart, mind and soul.

Accept the current situation. Welcome it as an opportunity to grow. Ask for help.

Define the problem so you "own" it, in a way that empowers you to solve it.

My problem is...

2. Transform your Toxic Voice.

Recognize and unmask the Toxic Ego Voice that pretends to be your True Voice. Reclaim your right to create your own thoughts.

Examine your habitual ego-based Inner Talk. Write it down:

Summarize what your Gloomy Toxic Voice is saying:

Summarize what your Glossy Toxic Voice is saying:

Are your Toxic Voices telling you the truth with love and how do you feel when you listen to them?

Release your Toxic Voices and transform them into creative energy and awareness.

3. Connect with your Natural Voice.

Listen to your body, your gut, your heart, your natural intelligence. Talk with your inner Opportunity Coach and Adversity Coach.

What are you really feeling (your body wisdom and emotional truth)?

What do you really need and want? What do you fear?

What does your Natural Voice say to help you emotionally?

What is the realistic, objective truth about this situation? What are the opportunities and the challenges?

Do you want to redefine your problem based on what you have learned so far?

What is your goal and your next action step?

What does your Natural Voice say to help you move forward with confidence?

Are your Natural Voices telling you the truth with love and how do you feel when you listen to them?

4. Commune with your Sacred Voice.

Breathe in the unconditional love of your Sacred Voice and be restored to love, peace and wholeness. Talk with your Light Angel and your Dark Angel.

What does your Sacred Voice say to you to help you feel safe and loved?

How can your values and your moral compass guide you?

What is your intuition telling you?

How can you take full responsibility for what you are experiencing without blame or guilt?

What do you need to let go of that is beyond your control?

Describe and face your Toxic Voice's worst-case scenario and release it into the care of your Sacred Voice.

What is the spiritual truth or spiritual lesson you can learn from this experience?

What does your Sacred Voice say to guide you?

Are your Sacred Voices telling you the truth with love and how do you feel when you listen to them?

5. Live creatively.

Create new Inner Talk based on Truth and Love. Your True Voice helps you respond to this situation creatively with emotional self-care, practical action steps and spiritual awareness.

What is your own True Voice saying to help you with this situation?

Repeat your new creative Inner Talk and visualize yourself taking your next step with confidence. Express gratitude for the gift of life. Love the life you have. Create the life you love.

Review: Congratulate yourself for responding to life consciously and creatively. After taking your action step set aside time to evaluate and learn from this experiment in conscious living.

Please share the Miracle Method with others. Email us for an electronic version and a longer in-depth self-guided worksheet. Contact us to learn more about how Conscious & Creative Life Coaching can help you live the life you were born to live.

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