



Write Your Own One-Page Miracle

To get healthier, smarter and happier it is critical to have clearly focused goals that you look at every day! Healthy people can match their behavior to their goals over time to get what they want. But first you must KNOW what you want, so that your brain can help you get there.

Click on the below PDF link to write your very own One-Page Miracle, courtesy of Dr. Daniel Amen, who is a physician, founder of Amen Clinics and BrainMD, double board-certified psychiatrist and nine-time New York Times bestselling author. Dr. Amen spoke at an INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit event, where he shared this excellent tool for developing a self-care plan, aka a One-Page Miracle.

[Mind Body Spirit, One Page Miracle](#)

After mindful consideration, print out the PDF, fill it out, and put it where you can see it every day. Be positive and make S.M.A.R.T. goals (specific, measurable, attainable, realistic and timely.)

Stay tuned for the next self-care tip, where we give you several On Your Health blog resources that give you concrete, real-world things you can do to help you take care of yourself!

For You. For Health. For Life.
