

# Miracle Question Worksheet

Client Information	
Name:	Age:
Gender:	Date:
Miracle Question	
Suppose that one night, while you are sleeping, a miracle happens. The problem that brought you here is solved. However, because you were sleeping, you didn't know that the miracle had happened.	
<b>1. When you wake up tomorrow morning, what will be the first small signs that the miracle has happened and the problem is solved?</b>	
Describing the Miracle	
Take a moment to vividly imagine what your life would be like if the miracle had occurred.	
<b>1. Describe in detail what you would notice about your life, your thoughts, your behaviors, and your relationships.</b>	
<b>2. Who else will notice when the miracle happens?</b>	
<b>3. What will that person notice is different about you?</b>	
<b>4. When that person notices that, what will they do differently then?</b>	

<b>5. When that person does that, what difference does it make for you?</b>	
<b>6. What will you do differently then?</b>	
<b>Signs of Change</b>	
<b>1. What are the small, observable signs that would indicate the miracle had happened?</b> <i>(These could be specific changes in your daily routine, interactions with others, or internal experiences.)</i>	
<b>Scaling the Miracle</b>	
<b>1. On a scale of 0 to 10, with 10 representing the full realization of your preferred future, how close are you to achieving the miracle?</b>	
<p style="text-align: center;"> 0      1      2      3      4      5      6      7      8      9      10 </p>	
<b>Next Steps</b>	
Based on your description of the miracle and where you are on the scale, what are 2-3 specific, actionable steps you can take to move closer to your preferred future?	
1.	
2.	
3.	

**Reference**

Bannink, F. (2010). 1001 Solution-focused questions: Handbook for solution-focused interviewing. W W Norton & Co.