

### Miracle Questions to Think About

These questions have been found to help people shift their focus from the daily stresses and routines of life, toward recognizing what is truly important and meaningful to them.

1. If you were free to do whatever you wanted and money was not an issue, what would you like to do on a daily basis right now?

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2. What would be your top three wishes?

Wish #1 \_\_\_\_\_

Wish #2 \_\_\_\_\_

Wish #3 \_\_\_\_\_

3. What would be an ideal life situation for you three or five years down the road?

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These answers, as well as your answers from the Personal Meaning Profile, should give you some clues as to where your sense of meaning resides. Sometimes the answers to these questions lead us to consider making a career change, or changes in our leisure/personal activities or in our relationships. It may not be practical for you to move from a current secure work position (such as a grocery clerk) to working in an area that gives you a greater sense of meaning but is less secure (such as theatre). But it is possible to look at how you might incorporate some of these meaningful activities into your spare time (such as volunteering in a community theatre group).

Think about what changes you might make to bring more meaning to your life.