Dr. Joan
THE MIRACLE MAKERS CLUB

Sample Journal - page 1

What is an online Miracle Journal? Well, it is a couple of things: First it is a place to write down and keep safe your hopes, wishes and dreams and second it is a place to really take stock of your life.

The Miracle Journal will give you guidance by helping you view your world differently. Writing anchors in what you want. It's a direct communication with the universe around you and assists you in attracting what you want. Writing your miracles helps you realize them, reminds you they are possible, and motivates you to continue on your life changing quest to have a Miraculous Day, everyday!

Ready to Begin?

Sample Journal Exercise

Let's start with asking ourselves "What If" and go to the "What-If" section – the object of this process is to recognize the things that you would like to change; that you feel like you could have or should have done differently.

Ready?
Some example "What-If" questions so you get the idea of the thought process are:

- What if I had married the boy/girl down the street, or didn't marry at all? Where would I be now?
- What if I had chosen to go to college, what might I have done?
- What if I had taken that new job?
- What would I do now if I didn't have to worry about money any more?
- What would I do and exactly how would I live?

Begin with asking yourself these questions if applicable. Then think about those questions you have been asking yourself forever. Write them down and then write down your answers. The next step in the "what-if" process is to then step away from the journal and let the free thoughts flow. Go back to your journal and write those thoughts down.

WHAT IF:
What if I could live the life of my dreams?

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Sample Journal - page 2

After you have completed your what-if statements then move to the MIRACLE MAKING IDEAS section: This is where you write down your hopes, wishes, desires, plans, and other thoughts that answer your "What If" questions.

- For example, to live in a home and meeting interesting people, I might open a bed and breakfast in Scotland.
- To have more money than I could possibly spend, I could write books and movies.
- To lose weight I might change my life style, study belly dancing, or go on a body cleansing diet.
- To pursue my love of traveling I could be a photographer and get sent to glamorous international destinations.
- To share the miracle mandate I will be on Oprah. Better yet, I will create a TV show that is so cutting edge on miracles, that Oprah is a guest on my show!