

The Miracle Question: Imagining Your Ideal Future

Objective

To explore your deepest desires and envision the life you truly want to lead.

What to Know

The Miracle Question is a powerful tool used in solution-focused therapy to bypass limitations and obstacles. It involves imagining an ideal future where all your problems are solved, or goals are achieved. Then, you identify steps to make this vision a reality.

What to Do

Find a quiet space where you can think deeply and reflect without interruptions. Give yourself permission to dream and imagine without holding back or censoring your thoughts based on practicality.

Imagine you go to sleep tonight, and a miracle happens while you are sleeping. This miracle solves all your problems and achieves all your goals, leading to your ideal life. When you wake up in the morning, everything you have ever wanted has come to fruition. But you didn't know that the miracle occurred because you were asleep.

Next, write down your responses to the following prompts. Remember, there are no right or wrong answers—this is about your unique vision for your ideal future.

How will you know the miracle has happened? Describe the first signs you would notice that would make you realize a miracle has happened and that your life is now exactly as you wish it to be.

Dig deeper into your vision of this ideal future. Consider various aspects of your life, such as personal growth, relationships, career, education, health, hobbies, and other important areas.

What specific changes have occurred in the following areas of your life?

Personal Growth

Relationships

Career/Professional/Educational Life

Health and Wellbeing

Hobbies/Passions/Interests

Other Areas _____

Now that you have outlined your ideal life consider how it makes you feel and how others react.

How do you feel in this new life? Describe your emotions and state of mind in detail.

How do people close to you react to these changes? Describe their responses and any changes in your relationships with them.

What will others notice about you that makes them aware things are different or better?

While the miracle question can help you envision an ideal future, the next step is to bridge the gap between your current reality and your imagined future.

What would be the very first difference you would notice in your life?

What would you do next? _____

Identify one small step you can take within the next week to move closer to your ideal future. Consider habits, actions, or changes in perspective that align with your miracle vision.

What would you see (feelings, thoughts, and behavior) if you compared a before-and-after picture? Draw the pictures below. Use symbols, words, and images.

Before	After

Have you ever seen any of this before? Why or why not?

Take a moment to reflect on the process and any insights you gained. How did it feel to envision an ideal future without limitations? How can you use these insights to guide your actions moving forward? Be specific.

This worksheet is a tool for exploration and inspiration. The future you envision today can serve as a guiding star, helping you navigate life's challenges and decisions. Keep revisiting and revising your answers as you grow and evolve.

Reflections on This Exercise

What was challenging about this exercise? Be specific.

Did anything surprise you about this activity? If so, describe.

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
