

Wonder Questions

My problem or my goal:

Suppose it was night and you go to sleep. While you are sleeping, a miracle happens and the problem that has been bothering you is solved OR you have reached your goal. Since you have been sleeping, you do not know that this miracle happened. What do you think will be the first small signs in the morning that indicates that something has changed?

How would you behave differently?

Which thoughts / feelings are different then?

Who in your environment would notice that this miracle happened? What would this person / person notice?

When has it been a bit like the miracle lately?

What can you do now to let a bit of this miracle happen now?