



Your Year of Miracles

My 2021

*Miracles
Journal*



Welcome to
Your Year of Miracles!



Enjoy using your Miracles Journal!

This is the place for you to write down your Wins and Miracles
and to celebrate living in the Miracle Zone in 2021.

We're thrilled to be taking this journey with you...

With love from our hearts,

Marci, Dr. Sue, and Lisa

Your Member Access Information and Miracles Team Contacts

MEMBER SITE:

<https://members.youryearofmiracles.com/>

My username: _____

My password: _____

LIVE SESSION INFORMATION:

To join the LIVE sessions via Zoom, please click the link below from your computer, iPad, or from the Zoom app on your mobile phone. Joining through this Zoom link allows you to see us LIVE on video, which most people prefer (we won't be able to see you).

Click here to join the LIVE Video Zoom Session: <https://zoom.us/j/96763747114>

OR call in to the session via phone:

If you want to listen to the session by telephone only (you won't see us on video), call in using your country's dial-in number here: <https://zoom.us/u/abVfuGoVwa>

Then, enter the **webinar ID: 967 6374 7114**

REPLAYS AND RECORDINGS:

<https://members.youryearofmiracles.com/2021-replays-recordings/>

YOUR YEAR OF MIRACLES PRIVATE FACEBOOK GROUP:

<https://www.facebook.com/groups/yom2021/>

NEED HELP?:

General Information Email: info@youryearofmiracles.com

Support Email: support@youryearofmiracles.com

Tech Support Email: techsupport@youryearofmiracles.com

Billing Email: billing@youryearofmiracles.com

Miracles Group Email: groups@youryearofmiracles.com

Monthly Miracles Themes

Connect With Yourself

January – Dreaming Your Miraculous Dreams

February – Falling in Love with Yourself

Open to Success

March – Letting Go and Creating Space

April – Accelerating Your Miraculous Success

Create Miraculous Flow

May – Feeling Alive and Healthy in Your Body

June – Activating Your Money Miracles

Live From Happiness

July – Discovering Your Passions and Purpose

August – Living Free From Overwhelm

Empower Yourself and Your Relationships

September – Creating Miraculous Relationships

October – Stepping Into Your Power

Shine Your Light

November – Igniting Profound Intuition and True Spirituality

December – Celebrating Your Miracles and Shining Your Light in the World

The Five Foundations for *Living in the Miracle Zone*

How to **USHER** in the Miracle Zone

Universe: *Trust in the Universe.*

See and accept Divine perfection at work in every situation. Let go, knowing that we live in a benevolent universe, and you're always taken care of.

Soul: *Listen to Your Soul.*

Live aligned with your Highest Truth, honoring your inner guidance. Be self-referral rather than outer-referral.

Hearth: *Live with an Open Heart.*

Lovingly practice gratitude, forgiveness, compassion and kindness. Give and receive in joy and balance.

Energy: *Choose Where You Put Your Energy and Attention.*

Consciously direct your thoughts, words, feelings, and actions towards what you want to expand in your life. Favor what supports a miraculous life.

Responsibility: *Take Responsibility for Your Life.*

Be a victor, not a victim. Replace blaming, shaming, and complaining with embracing your power.

How to Use this Journal

1. You can print out your Miracles Journal if you'd like to write in it by hand. You may even want to take the PDF to your local printer and have it bound.

OR if you'd like to fill in your Miracles Journal electronically, it was created in a downloadable and "fillable" PDF format. By using *Adobe Acrobat Reader DC*, you can type in it directly and save it to your computer (if you don't have *Adobe Acrobat Reader DC* you can download it for free [here](#)). Please download the journal to your computer first and save it. Then, after typing in your journal each time, remember to hit save. (*IMPORTANT: If you type in your journal in your web browser, it will NOT save.*)

2. Fill in page 6 with your three Miracle Intentions and your Miracles Theme for 2021 (based on the Miracles Intention Process in the Opening Session).
3. At the beginning of each week (Sunday or Monday), take 5-10 minutes to write your Wins and Daily Miracles from the previous week and your Intentions for the coming week.

— A Win or Daily Miracle is anything that gives you a feeling of expansion, joy or fulfillment. Your Wins or Daily Miracles can be as small as cleaning out a cluttered space, getting a call from a friend you were just thinking about or receiving an unexpected gift, or as large as getting the promotion you wanted, deepening a relationship or feeling more self-love than you ever have.

—Your Intentions for the week can include actions that you'll take (e.g. send out 10 résumés), internal shifts (e.g. get clarity about whether to continue this relationship), self-care habits (e.g. meditate 20 minutes every day or exercise 4 times this week), or outcomes you're intending (e.g. my house sells above my asking price).

4. Throughout the week, take note in your journal of all your miracles large and small.
5. After every Miracles Group meeting, write down each of your Miracles Group members' foundation and main intention for the upcoming two weeks, so you can put your powerful attention on them.

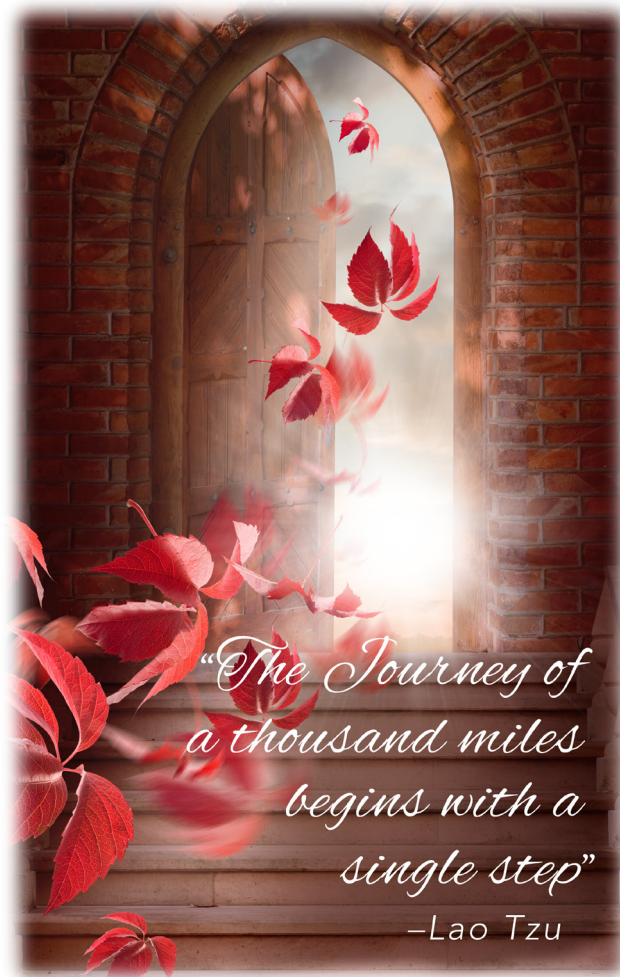
My Three Miracle Intentions for 2021:

1. _____

2. _____

3. _____

My Miracles Theme for 2021:



MIRACLES GROUP INFORMATION:

Being in a Miracles Group is a powerful aspect of Your Year of Miracles Program.

We'll be starting the Miracles Groups in February.

The Miracles Group Flow and Guidelines can be easily referenced on Page 84 of this journal.

<http://members.youryearofmiracles.com/welcome-to-your-miracles-group-experience/>

MY MIRACLES GROUP MEMBERS:

First Name	Last Name	Email	Phone

MY GROUP MEMBERS' MIRACLE INTENTIONS AND THEMES FOR 2021:

First Name	Last Name
MIRACLE INTENTIONS	
1	
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THEME	

MY GROUP MEMBERS' MIRACLE INTENTIONS AND THEMES FOR 2021:

First Name		Last Name	
MIRACLE INTENTIONS			
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First Name		Last Name	
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First Name		Last Name	
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MY GROUP MEMBERS' MIRACLE INTENTIONS AND THEMES FOR 2021:

First Name	Last Name
MIRACLE INTENTIONS	
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MIRACLE INTENTIONS	
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First Name	Last Name
MIRACLE INTENTIONS	
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My Miracles Journal

January 13th – January 17th



“Twenty years from now you’ll be more disappointed by the things you didn’t do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

– H. Jackson Brown, Jr.

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
January 18th – January 24th



“The future belongs to those who believe in the beauty of their dreams.”
— Eleanor Roosevelt

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal

January 25th – January 31st



“Without leaps of imagination, or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning.”

— Gloria Steinem

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal

February 1st – February 7th



“Plant your own garden and decorate your own soul, instead of waiting for someone to bring you flowers.”

— *Veronica A. Shoffstall*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
February 8th – February 14th



“Find the love you seek by first finding the love within yourself. Learn to rest in that place within you that is your true home.”

— *Sri Sri Ravi Shankar*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
February 15th – February 21st



“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”

— Rumi

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal

February 22nd – February 28th



"If you can learn to love yourself and all the flaws, you can love other people so much better. And that makes you so happy."

— Kristin Chenoweth

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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February 22nd – February 28th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal

March 1st – March 7th



“When you let go of trying to get more of what you don’t really need, it frees up oceans of energy to make a difference with what you have.”

— *Lynne Twist*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal

March 8th – March 14th



“When I let go of what I am, I become what I might be. When I let go of what I have, I receive what I need.”

— *Tao Te Ching*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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March 8th – March 14th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
March 15th – March 21st



*“In the process of letting go you will lose many things from the past,
but you will find yourself.”*

— Deepak Chopra, M.D.

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
March 22nd – March 28th



“If we can just let go and trust that things will work out the way they’re supposed to, without trying to control the outcome, then we can begin to enjoy the moment more fully. The joy of the freedom it brings becomes even more pleasurable than the experience itself.”

— Goldie Hawn

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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March 22nd – March 28th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
March 29th – April 4th



“Anything I cannot transform into something marvelous, I let go of.”

— Cnais Min

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
April 5th – April 11th



“Success is liking yourself, liking what you do, and
liking how you do it.”

— *Maya Angelou*

My Foundation:

My Miracle Intentions:

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My Wins and Daily Miracles:

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April 5th – April 11th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal

April 12th – April 18th



“The longer you hang in there, the greater the chance that something will happen in your favor. No matter how hard it seems, the longer you persist, the more likely your success.”

— *Jack Canfield*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
April 19th – April 25th



“If you really want to do something, you’ll find a way. If you don’t, you’ll find an excuse.”

— Jim Rohn

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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April 19th – April 25th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal

April 26th – May 2nd



"To succeed, you have to believe in something with such passion that it becomes a reality."

— Anita Roddick

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
May 3rd – May 9th



"If you don't take care of your body, where are you going to live?"

— Unknown

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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May 3rd – May 9th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
May 10th – May 16th



“A sound mind in a sound body is a short but full description of a happy state in this world.”

— John Locke

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
May 17th – May 23rd



“A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses.”

— Hippocrates

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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May 17th – May 23rd



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
May 24th – May 30th



“Sometimes the kindest thing you can do for your body is to put yourself in situations where you will smile.”

— *Lisa Garr*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
May 31st – June 6th



“Abundance is not something we acquire. It’s something we tune in to.”

— *Wayne Dyer*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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May 31st – June 6th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
June 7th – June 13th



“Don’t curse the rich people or you will never be one of them.”

— *Reverend Ike*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
June 14th – June 20th



“There’s not enough good to go around. There’s lack and there’s limitation and there’s just not enough.’ The truth is that there’s more than enough good to go around. There is more than enough creative ideas. There is more than enough power. There is more than enough love. There’s more than enough joy. All of this begins to come through a mind that is aware of its own infinite nature. There is enough for everyone. If you believe it, if you can see it, if you act from it, it will show up for you. That’s the truth.”

— *Michael Beckwith*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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June 14th – June 20th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
June 21st – June 27th



“To attract money, you must focus on wealth. It is impossible to bring more money into your life when you are noticing you do not have enough, because that means you are thinking thoughts that you do not have enough.”

— Rhonda Byrne

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
June 28th – July 4th



“When you undervalue who you are, the world will undervalue what you do and vice versa.”

— *Suze Orman*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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June 28th – July 4th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
July 5th – July 11th



*“There is no greater gift you can receive than to honor your calling.
It’s why you were born and how you become most truly alive.”*

— Oprah Winfrey

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
July 12th – July 18th



“There are two great days in a person’s life—the day we are born
and the day we discover why.”

— *William Barclay*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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July 12th – July 18th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
July 19th – July 25th



*"The most powerful weapon on earth is the human soul on fire."
— Ferdinand Foch*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
July 26th – August 1st



“Don’t ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive.”

— *Howard Thurman*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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July 26th – August 1st



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
August 2nd – August 8th



“You don’t have to see the whole staircase, just take the first step.”

— *Martin Luther King Jr.*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
August 9th – August 15th



"Nothing can bring you peace but yourself."

— *Ralph Waldo Emerson*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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August 9th – August 15th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

FIRST/LAST NAME:	
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My Miracles Journal
August 16th – August 22nd



"You can do anything but not everything."

— *David Allen*

My Foundation for the Week:

My Weekly Intentions:

1.

2.

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4.

My Wins and Daily Miracles:

1.

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My Miracles Journal
August 23rd – August 29th



"The future belongs to those who believe in the beauty of their dreams."

— Eleanor Roosevelt

My Foundation for the Week:

My Weekly Intentions:

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4.

My Wins and Daily Miracles:

1.

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August 23rd – August 29th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
August 30th – September 5th



*“Eat less, Move more. Buy less, Make more. Stress less, Laugh more.
Feel Blessed, Love more. Find a quiet spot every day and BREATHE.”*

— A Manifesto for A Simple Life

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
September 6th – September 12th



“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.”

— *Marcel Proust*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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September 6th – September 12th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
September 13th – September 19th



"Nobody can hurt me without my permission."

— Mahatma Gandhi

My Foundation:

My Miracle Intentions:

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My Wins and Daily Miracles:

1.

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My Miracles Journal
September 20th – September 26th



"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

— Maya Angelou

My Foundation for the Week:

My Weekly Intentions:

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4.

My Wins and Daily Miracles:

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September 20th – September 26th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

FIRST/LAST NAME:	
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My Miracles Journal
September 27 – October 3rd



"You can't become yourself by yourself."

— *Claire Zammit*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
October 4th – October 10th



“There is a life force within your soul, seek that life. There is a gem in the mountain of your body, seek that mine. O traveler, if you are in search of That. Don’t look outside, look inside yourself and seek That.”

— *Rumi*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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October 4th – October 10th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
October 11th – October 17th



"The winds of grace are always blowing, but you have to raise the sail."

— Sri Ramakrishna

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
October 18th – October 24th



"Life shrinks or expands in proportion to one's courage."

— Cnaís Nín

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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October 18th – October 24th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
October 25th – October 31st



"Above all, be the heroine of your life, not the victim."

— Nora Ephron

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
November 1st – November 7th



“It is always with excitement that I wake up in the morning wondering what my intuition will toss up to me, like gifts from the sea. I work with it and rely on it. It’s my partner.”

— Jonas Salk

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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November 1st – November 7th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
November 8th – November 14th



"Don't let the noise of other's opinions drown out your own inner voice."

— Steve Jobs

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
November 15th – November 21st



“Remember that wherever your heart is, there you will find your treasure.”

— *Paul Coelho*

My Foundation for the Week:

My Weekly Intentions:

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4.

My Wins and Daily Miracles:

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November 15th – November 21st



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
November 22nd – November 28th



“The intellect has little to do on the road to discovery. There comes a leap in consciousness, call it intuition or what you will, and the solution comes to you and you don’t know how or why.”

— Albert Einstein

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
November 29th – December 5th



“To make the right choices in life, you have to get in touch with your soul. To do this, you need to experience solitude... because in the silence you hear the truth and know the solutions.”

— Deepak Chopra, M.D.

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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November 29th – December 5th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
December 6th – December 12th



“The more you praise and celebrate your life, the more there is in life to celebrate.”

— Oprah Winfrey

My Foundation for the Week:

My Weekly Intentions:

1.

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4.

My Wins and Daily Miracles:

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My Miracles Journal
December 13th – December 19th



“The reason you want every single thing that you want is because you think that you will feel really good when you get there. But, if you don’t feel good on your way to there, you can’t get there. You have to be satisfied with what is while you’re reaching for more.”

— Abraham Hicks

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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December 13th – December 19th



Miracles Group Members' Intentions and Foundations for the Next 2 Weeks

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My Miracles Journal
December 20th – December 26th



“When you’re Happy for No Reason, you bring happiness to your outer experiences rather than try to extract happiness from them. You don’t need to manipulate the world around you to try to make yourself happy. Live from happiness rather than for happiness.”

— *Marci Shimoff*

My Foundation for the Week:

My Weekly Intentions:

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My Wins and Daily Miracles:

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My Miracles Journal
December 27th – January 2nd, 2022



"Our business is to be happy."

— *Dalai Lama*

My Foundation for the Week:

My Weekly Intentions:

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4.

My Wins and Daily Miracles:

1.

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My Miracles Journal
January 3rd – January 9th, 2021



“The meaning behind every happening in your life is so you can awaken to your magnificence.”

— Dr. Sue Morter

My Foundation for the Week:

My Weekly Intentions:

1.

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4.

My Wins and Daily Miracles:

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Miracles Group Resources

Here's the link to more information on Miracles Groups in the Member Site:

<http://members.youryearofmiracles.com/welcome-to-your-miracles-group-experience/>

Miracles Group Meeting Flow

Here is your Miracles Group Meeting format. Please follow this carefully, as it's specifically designed to give you the greatest benefit and results from your Miracles Group experience.

Each meeting will have a group facilitator. For the first three meetings, we suggest you keep the same group facilitator, and then rotate to a new group facilitator for each month that follows. Members can volunteer to be the group facilitator of the month, or you can rotate in alphabetical order based on first names.

Each Miracles Group meeting will take 30 – 60 minutes, depending upon the number of people attending that group meeting. It will follow this four-part process:

1. Opening (3–5 minutes): Connect to each other and the energy of the Miracle Zone

After greeting each other, the group facilitator starts the meeting by setting the energy for your time together. Take 2 minutes to consciously plug into the greater energy of the universe (whatever you call that energy—God, the Divine, etc.) and to each other.

The group facilitator can start with something like this: "Let's take a moment to connect into the greater energy of the Universe (pause for a minute). Put your hand on your heart, feel your heart and your connection to Source, and imagine us all connected in a unified field of golden light (pause for another minute). And so it is."

2. Share Your Wins (10–20 minutes total, depending on the number of members present)

The group facilitator can say something like this: "I invite each of you to share with us your Miracles and Wins from the past two weeks," and then call on each person, one by one. Each person takes 2 minutes to share their Miracles and Wins (big and small) from the previous two weeks. You may want to have your Miracles Journal handy to easily remember what you want to share.

Examples of Miracles or Wins:

"My sister, who'd refused to talk to me for over a year, called me out of the blue"

"I found a ring under my dresser that I'd lost 5 years ago"

"I started exercising and I feel so much more energy"

"I feel great after cleaning out my closet and getting rid of some old things"

"I'm feeling much more love for myself, and I'm meditating almost every morning"

Focus on each group member as they're sharing and please don't make any comments during their share. When they've finished sharing, feel free to cheer and clap for them, but refrain from giving any advice or feedback.

The group facilitator is in charge of timing. At about 1 minute and 45 seconds, give a 15-second warning and when the 2 minutes are up, give everyone a few seconds to clap in celebration of that person's Miracles, and then move on to the next person. We encourage you to take up the full 2 minutes with your Wins and Miracles.

3. Share an intention and the foundation you want to focus on for the upcoming 2 weeks and receive the group's supercharging (10–20 minutes total depending upon the number of members present)

The group facilitator can select someone to start and say something like this: "Now, please share with us the foundation you want to lean into and one intention you want to focus on for the next two weeks."

Each person takes 2 minutes to share out loud with the group. Please share one of The Five Foundations you want to lean into and one intention for the coming 2-week period that you want the rest of the group to supercharge. Note: This is generally not one of your three Miracle Intentions for the year, but an intention you want to focus on for the next two weeks.

For example, it may sound like:

1. I have two new full-paying dream clients for my business. The foundation I'm focusing on is "I choose where I put my energy and attention."

OR

2. I feel healthy and energized, having fun exercising 3 days a week. The foundation I'm focusing on is "I listen to my soul."

Then, supercharge each member's intention.

After each person's share, the group takes 15 seconds to put their attention—from their heart with love—on that person receiving their desired outcome, or something even better.

The group facilitator guides everyone in saying together aloud the following group affirmation:

“(Insert person’s name), we feel and know that your highest good is now coming to you. We hold your intention with love in our hearts and see it manifested in your life in perfect timing. We give thanks. And so it is.”

Then, continue this process with each group member.

Write down each person's intention & foundation so you can spend a minute every day giving your attention to them (supercharging them).

Here are a few options for how to take note of the intentions & foundations shared in each meeting:

1. Each person writes down everyone else's intentions during the meeting. There is a space in your Miracles Journal for this.
2. A scribe writes them down during the meeting and emails them to group members after the meeting is over.
3. Each member writes their intention and foundation in your group's forum (the private "My Miracles Group" page on the Member Site).

4. Closing: End with an inspiring quote, poem, or reading (3–5 minutes)

Close each Miracles Group meeting with the group facilitator sharing an inspirational quote, poem or reading. The facilitator then reminds the group of the next meeting date and you can say your goodbyes to end the meeting.

Optional Connection After the Meeting is Complete: At the end of the group meeting, after all 4 steps are complete, if a member wants additional support, input, feedback, advice or brainstorming, they can ask other members to stay on the Zoom line. Members can choose to stay on at their own discretion. Members can choose to stay on at their own discretion.

Miracles Group Monthly Facilitator Role

How to Choose Your Monthly Facilitator:

Each meeting will have a group facilitator. For the first three meetings, we suggest you keep the same group facilitator, and then rotate to a new group facilitator for each month that follows. Members can volunteer to be the group facilitator of the month, or you can rotate in alphabetical order based on first names.

How to Facilitate the Group:

Being the group facilitator for your Miracles Group for the month is a great gift! While your role is simple, it's important for the coherence of the group. You'll guide the group meeting according to the Miracles Group Flow and Guidelines. We ask every member of the group, including the group facilitator, to NOT coach, counsel, advise or give input.

As the group facilitator, you'll do the following:

1. Open the meeting by setting the energy of your time together.
2. Give each person 2 minutes to share their Wins and Miracles.
3. Give each person another 2 minutes to share their intention and foundation they're leaning into for the upcoming 2 weeks. After each person shares these, you'll lead the group in saying the group affirmation aloud.
4. Close the meeting with an inspiring quote, poem, or reading and remind everyone of the next group meeting date.

To time each share, you can set your phone timer and allow the sound of the timer to indicate when the 2 minutes is over. Once the time is over, the person speaking can finish their sentence, but then kindly let them know it's time for the next person. Of course, you can make an exception if something very dramatic has happened (a death or some big health challenge, etc). Please be sensitive to that person and to the group flow.

Thank you for holding the space for your Miracles Group meeting to feel supportive and in the Miracle Zone vibration!

Miracles Group Guidelines

1. Supercharge your group members' Intentions daily.

Every day, take a moment to look at the list of your group members' intentions for the two-week period you're in. Consciously connect into your heart and put your attention on the manifestation of each person's intention. While this takes only a moment, it's a very powerful part of the Miracles process.

2. Recognize that your Miracles Group is an energetic container (rather than a mastermind or accountability group).

The power of the Miracles Group comes from the deep energetic support of the group's attention. While you may feel a great affinity with some members of your group, it's not necessary to feel an affinity with everyone in your group or to get along fabulously with each other on a personality level. It's through the power of your attention, not personality or advice, that you will supercharge each other's intentions and help each other live in the Miracle Zone.

3. Give your focused attention (and not advice or feedback).

During the meetings, your contribution is to offer your energy and attention. Please do NOT give advice, coaching, counsel, comments, or feedback (this applies to the group facilitator, as well). These meetings are a time to listen, celebrate and energetically support--not a time to give advice or input. This is very important. After a person shares their Wins, you can offer a big "Yay" or "Way to go" or applause. If someone wants additional support, feedback, or advice, they can ask members to stay on after the meeting is over. Members who choose to can stay on the Zoom line for that conversation.

4. Share your Wins, Miracles and Intentions in the positive.

When sharing your Wins and Miracles, please spend your time sharing your Wins and Miracles, not the old "back story" of what hasn't worked in the past or what isn't working now. When stating your intentions, remember to use positive words and images. For example, instead of saying, "I don't want any more debt from my car," you would say, "I've fully paid off my car loan." You want to invoke positive images and feelings with your intentions.

NOTE: During your first meeting, please have each person share their Miracles Theme and their 3 Miracle Intentions for the year with the group.

5. Be respectful of the time.

Each person has 2 minutes to share their Wins and Miracles from the prior 2 weeks and 2 minutes to share their intention and foundation for the upcoming 2 weeks. Please stick to this format and don't take up more time (unless there's an extreme need and the group agrees to additional time for that meeting). We've intentionally designed this specific format as it's been found to be most effective. Please put the meetings in your calendar, be on time, and give them your full presence and attention. Treat your Miracles Group meetings as an important gift you're giving yourself for living in the Miracle Zone—because it is.

6. Keep what happens in the group confidential.

Everything that is said during the Miracles Group meeting is to be kept completely confidential. This is very important for allowing openness and trust within the group.

7. Meet every other week via Zoom video.

Your group will meet every other week via Zoom video at your group's selected day and time. You'll receive your Zoom link in your Miracles Group welcome email and on your Miracles Group home page (the "My Miracles Group" tab). We encourage you to attend all the meetings you can! In order to stay in the group, you need to participate in at least one of the first three meetings which happen the weeks of February 22nd, March 8th, and March 22nd.

8. Support the group facilitator with your presence and participation as they guide the meeting.

The group facilitator's role is to guide the flow of the meeting and to support the group in following the Miracles Group guidelines. Please be appreciative of your group facilitator as they're making a valuable contribution to make sure the Miracles Group meeting runs in a smooth and supportive way.

Facebook Group

Facebook Group URL: <https://www.facebook.com/groups/yom2021/>

HOW TO JOIN:

Our Private Facebook Community Group for 2021

To join our private Your Year of Miracles 2021 Facebook group (called 2021 YOM Members) click on the link above and then click on the “join group” button. To ensure this is a safe place for you to share, we’ll need to “approve” you as a member. If your Facebook email matches your registration email, you’ll be taken directly to the group discussion page as an approved member.

However, if your Facebook account name and/or email is different from your program registration information, please answer the prompted questions so we can “approve” your request quickly. We process all requests within 24 hours or less.

FACEBOOK COMMUNITY GUIDELINES (AKA Group Rules):

Share your journey with each other

Sharing your journey with our Miracles family is part of the power and joy of the YOM experience. Please share your experiences including your shifts, AHA’s, wins, challenges, and miracles here.

Be miraculous with one another

We invite you to witness everyone with acceptance, respect, and non-judgment. Let’s see one another through the eyes of love. Please be an uplifting and supportive presence.

Help create a safe, supportive, & high-vibe group

To ensure an ultra-safe and loving space, we ask that you offer advice or coaching ONLY if you’re specifically asked for it, and that you keep what is shared here confidential.

Keep our space free of promotion & solicitation

You can share your own business offering on the Monthly Member Offering Post once a month. Please don’t post a third-party website, product, or service, or request money, fundraising, or contact info.

Refrain from political and religious posts

We’re an international community with people from all walks of life and with different belief systems. We ask that you not share political or religious posts here.

Email us directly if you need program support

If you have questions about the program or tech issues in Facebook or the Membership Site, email us (rather than posting or contacting the team via Facebook) at info@youryearofmiracles.com so we can best support you.

About Marci—Founder, Co-Leader

Marci Shimoff had a vision when she was 13 that she would spend her life traveling the world speaking to and inspiring millions of people. She's gone on to do exactly that, becoming a world-renowned transformational teacher, a #1 *NY Times* bestselling author, and an expert in happiness, success, and unconditional love. A spiritual seeker all her life, Marci takes what she's learned for herself and enthusiastically shares it with others in a practical way.

In the midst of a meditation retreat in 1994, Marci had another vision—*Chicken Soup for the Woman's Soul*. Soon after, she became the woman's face of the biggest self-help book phenomenon in history, co-authoring six books in the *Chicken Soup for the Soul* series.

Her personal quest to experience lasting happiness and love led her to research and write the *NY Times* bestsellers *Happy for No Reason* and *Love for No Reason*. With total book sales of more than 16 million copies worldwide in 33 languages, Marci is one of the bestselling female nonfiction authors of all time.

She's also a featured teacher in *The Secret*, narrator of the award-winning film *Happy*, and host of the PBS TV show *Happy for No Reason*.

Marci speaks to Fortune 500 companies, women's associations, and non-profit organizations around the globe. She earned her MBA from UCLA and is a founding member of the Transformational Leadership Council.

Through her books, speeches, mentoring, and online programs, Marci is passionate about helping people live more empowered, joy-filled, and miraculous lives.



About Dr. Sue—Co-Leader

Dr. Sue Morter International speaker, Master of Bio-Energetic Medicine and Quantum Field visionary, Dr. Sue utilizes the embodiment of high frequency energy patterns to activate full human potential. Through her seminars, retreats and presentations, she illuminates the relationships of quantum thoughts and energy medicine; the elevation of human consciousness and life mastery.

Dr. Sue's visionary model and techniques ignite an entirely new approach to living in creative genius and personal freedom through capturing and enhancing high frequency energy patterns in the body. She draws from her experience as a doctor for over 30 years, inspiration from a life-changing awakening during meditation, and her personal passion for cracking the code of life itself. Her greatest joy is sharing her discoveries with others.

Dr. Sue is nationally published and has served on professional licensing boards, providing guidance to health care practitioners on integrative approaches to health care leadership. She is a member of the Transformational Leadership Council.

Her book, *The Energy Codes*, was released in March 2019. It was an instant bestseller on many national bestseller lists and debuted at #1 on the *LA Times* bestseller list.

In addition to her private practice, Morter Health Center, she is founder and visionary of the Morter Institute, an organization committed to teaching individuals self-healing techniques and a new approach to life based on Quantum Science.



About Lisa—Co-Host

Lisa Garr In her bestselling book, *Becoming Aware: How to Repattern Your Brain and Revitalize Your Life* (Hay House), Lisa shares the powerful story of the day that began as she peddled towards first place in the California State Championship Mountain Bike Race and ended in tragedy as she was airlifted away near death and spent months recovering from her traumatic brain injury and loss of speech—and how through that experience Lisa found her own voice and became a voice of change for the world.



Lisa is the creator and host of *The Aware Show*, a transformational radio show about natural health, cutting-edge science, personal growth and spirituality and also hosts a Hay House Radio show called *Being Aware*. In the Los Angeles market, listeners hear Lisa on KPFK-90.7 FM and in New York on WBAI 99.5 FM. She is a regular weekend host on *Coast to Coast AM*, syndicated on over 600 stations around the world and her current series on Gaia TV is called *Lisa's Inspirations*. Lisa's voice is now enjoyed by tens of millions of listeners throughout the world every year.

Lisa has one of the largest Life-Changing Libraries on the internet featuring over 4,000 transformational interviews which can be found under the Radio Archives tab at www.theawareshow.com. Lisa is also a skilled and insightful media coach, utilizing her decades of knowledge to show her clients how to use their own unique stories to transform their audiences.



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Your Year of Miracles 2021.**

**May your life continue to unfold in
wonderful ways living in the Miracle Zone!**

"May the long time sun shine upon you
All love surround you
And the pure light within you
Guide your way on."

— *Gaelic Blessing*