



# *Your Year of Miracles*

## *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 and supercharger (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 it will be listed on your Miracles Group Home Page. You can access this page by clicking the red navigation box titled "My Miracles Group Home Page (Zoom Info & Members)".

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 21st, March 7th, and March 21st. If you aren't able to make a meeting one week, please let your group members know that you'll be missing a week (and that you'll be back the next week)!

Year after year, we've seen how Miracles Groups are a supportive part of your Miracles Journey. If, for any reason, you're in a situation where you can't continue attending, please notify the YOM Team and the other members of your group as a common courtesy.

### ***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.