



Your Year of Miracles

Miracles Group Meeting Flow and What To Share During Each Meeting

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, one member of your group will be the group facilitator. For the first three meetings, the facilitator will be the person in the group whose initial of their first name comes earliest in alphabetical order. Starting in April and each month that follows, your group can rotate to a new facilitator in alphabetical order based on first names. That person can lead the following two meetings and so on. When it's your turn to be the group facilitator, please read the Miracles Group Monthly Facilitator Role pdf for directions on how to facilitate the meeting.

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: Connect to each other and the energy of the Miracle Zone (3-4 minutes)

After greeting each other, the group facilitator starts the meeting by setting the energy for your time together. The group facilitator will take a few minutes to guide you in connecting to the energy of the Miracle Zone and to each other.

2. Round #1 of Shares: Each person shares their Wins or Miracles (big and small) from the past two weeks. (2 minutes per person, which is about 10–20 minutes total, depending on the number of members present.)

You may want to have your Miracles Journal handy to easily remember what you want to share.

Examples of Wins or Miracles:

“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 3 times a week, 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”

We encourage you to take up the full 2 minutes with your Wins and Miracles. (Please do not go over 2 minutes.)

When other group members are sharing, give them your full focus 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.



3. Round #2 of Shares: Each person shares their two-week intention and the foundation they want to focus on for the upcoming 2 weeks. After their share, the group supercharges that person's intention. (2 minutes per person, which is about 10–20 minutes total, depending on the number of members present.)

For this round of shares, you'll do the following:

– **Share one actionable intention for the next two weeks:** Your two-week intention should be a specific and measurable action step. It can be something that helps you move towards one of your bigger Miracle Intentions for the year, but doesn't have to be. Choose an intention that is doable and measurable (and not too much of a stretch) so that you're building wins for yourself each week.

For example, if one of your 3 Miracles Intentions for the year is, "I feel healthy, vibrant and energized in my body," your two-week intention might be:

"I exercise for at least 20 minutes 3 or more times over the next 2 weeks."

Or, if one of your Miracles Intentions is, "I am enjoying abundant prosperity in my business as I serve amazing clients," your two-week intention might be:

"Over the next 2 weeks, I reach out to 5 potential referral partners asking if they know anyone who might need my services."

– **Choose one of the Five Foundations (USHER) to focus on over the next two weeks.** For example: "I trust in the Universe" or "I choose where I put my energy and attention."

After each person shares, the other members of the group supercharge that person's intention.

The group can do this by taking 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.

Capture each person's intention & foundation for the upcoming two weeks, so you can spend a minute every day giving your attention to them (supercharging them).



Here are a few suggestions about how to capture the intentions & foundations shared in each meeting.

- a. Each person writes down everyone else's intentions during the meeting. There is a space in your Miracles Journal for this (starting on page 85).

OR

- b. A scribe writes them down during the meeting and emails them to group members after the meeting is over.

OR

- c. Each member writes their intention and foundation on your group's forum — your private Miracles Group Home Page. You can access the page by clicking on “My Miracles Group” when you hover over “Miracles Group Info/Join a Group” on the navigation bar located under the banner of the Membership Site.

NOTE: In the first meeting or two of the year, also share your theme and your 3 Miracle Intentions for the year with each other. On pages 82 – 84 of your Miracles Journal, you can write down your group members' Miracle Intentions and theme for the year.

4. Closing: End with an inspiring quote, poem, or reading (2 – 3 minutes).

The group facilitator closes that Miracles Group meeting by sharing an inspirational quote, poem or reading. The facilitator then reminds the group of the next meeting date and the whole group can say your goodbyes to each other to end the meeting.

Optional Connection After the Meeting is Over: 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 decide to stay on at their own choosing.