

A portrait of Tim Storey, a middle-aged man with dark hair, wearing a black button-down shirt. He is resting his chin on his right hand and looking directly at the camera with a slight smile. The background is a blurred outdoor setting with greenery and a building.

TIM STOREY

THE
Miracle
MENTALITY

A PDF COMPANION TO THE AUDIOBOOK

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APPENDIX I

Chapter Summaries

Discovering the Miracle Mentality: Chapter I Summary

- We are conditioned at a young age to believe in the power of miracles. In other words, most of us begin our lives imbued with a Miracle Mentality. But over the course of our years, things happen to us that cause it to slip away. Disappointment. Disaffection. Pain. Loss. Depression.
- The purpose of this book is to help you figure out how to get back in touch with the Miracle Mentality that buoyed you when you were a child, that made you an infectious carrier of joy.
- To have a belief in miracles, to be open to the idea that wonderful things can sweep into your life, all you need to do is look at your own life and the lives of people you know. If we start to probe, we can find evidence of the miraculous. I

believe each of us has been anointed. I'm a Christian so I use the word *God* to describe the Almighty, but all of the world's major religions speak of the healing power of the supernatural.

- The Miracle Mentality is innate. We were made in the image of God and—to quote Kendrick Lamar—we have royalty in our DNA. Through education, observation, and conversation, we all can draw out what's already inside us. Many of us unfortunately experience a lack of education, or a subpar education, and a scarcity of observation, and bad conversation, and subsequently our Miracle Mentality is suppressed. For many of us, that's called “life.” But if you put someone in the proper environment, if you work to change their perspective on the world—adding the right kinds of education, observation, and conversation—you can change everything. They will “discover” the power of the Miracle Mentality. And it's never too late to bring about the change.
- Many times we are led to a Miracle Mentality because we are experiencing pain. The Miracle Mentality takes you into something I call the “uncommon life.” That means a life lived outside of the ordinary, in an unusual manner. To have an uncommon life, you must have uncommon dreams, which requires uncommon patience. Many of us aren't able to summon these uncommon states until we are going through something that is extraordinarily difficult and trying.
- It's one thing to capture the Miracle Mentality when you're young; it's another thing entirely to hold on to it as you get older and are buffeted by life experiences. Most people get derailed on the way to becoming a grown-up. Therefore, the uncommon dream requires uncommon focus and uncommon faith. Two of the biggest things that happen to erode our faith are disappointment and disillusionment.

- Children come to us with a belief not only in the magical but in the power of love. They instinctively want to help other people, to show empathy and concern. But eventually their belief in love gets worn down.
- With the overwhelming problems most of us have to battle to stay afloat in this challenging world, sometimes we need something uncommon working on our behalf. The common tools won't get the job done. That's where the supernatural comes in, a belief in miracles. There are times when you need to call on supernatural, extraordinary powers to overcome addiction or career disaster or serious health problems.
- We all have the ability to draw on miracles to bring about the change we need in our lives.

Toiling in the Mundane, the Messy, and the Mad: Chapter 2 Summary

- Each of us lives in one of three states: Mundane, Messy, and Mad. But in reality, we all really want to live in the Magical. Magic moments aren't preplanned. Instead, they are like divine gifts, miracles that deeply change us, bless us, and transform us. The magical state is where we are living a life imbued with the Miracle Mentality.
- The Miracle Mentality is the state of mind, the principles, the strategy, the rules of living that set the conditions for magic to happen. It's a way to construct our lives for deeper meaning, bigger adventures, and more opportunities.
- The goal of this book is to help readers move from the first three states into the magical state so that they will create the conditions for miracles and transformation to enter their lives.

If you want something special to happen, you begin by setting the conditions for it so you are creating a space, an opportunity, a moment, where something meaningful can take place.

Mundane

- What is the mundane? The dictionary defines *mundane* as boring, dull, monotonous, uneventful, lacking interest or excitement. I define the mundane as the known things in your life, the comfortable, the regular. On its own, the mundane is neither positive nor negative. It's the neutral parts of life, the known quantities, the familiar, the comfortable, the everyday regular. But if you're not careful, it's easy to spend too much time in the mundane and not enough time challenging yourself, learning new things, and taking on new adventures. When we spend too much time in the mundane, we begin to sit, settle, and cement ourselves where we are.
- The mundane becomes negative when it becomes limiting. The mundane becomes limiting when it becomes the excuse not to grow, not to shoot for the magic, not to look for the miracle. When you only live in the comfortable, you begin to live life by default, not design. You don't take action, expand your capacity, and ultimately broaden your potential and opportunities—the places where the magic happens.
- To move forward and keep the mundane from trapping us, we need to take one of these three steps: *education*, *conversation*, and *observation*.

Mess

- What is the mess? The dictionary defines *mess* as the dirty or untidy state of things or of a place. I define the messy as the undone things of life. The things that are unkept, unmanaged,

unmaintained. There is a concept in science called entropy, which says that all matter in the universe tends toward disorder. Translation: when things are left unchecked or unmaintained, they get messy fast. That's why our life requires constant care, good habits, and a desire to maintain order.

Madness

- What is the madness? Madness is the drama, the behavior that breeds negative results, uncontrollable emotions, or worse behaviors. The things we do over and over that doom us to repeat our cycles of failure. The madness can affect our relationships, our children, our health, and our dreams and aspirations. We have a difficult time holding it together and are often overcome by depression and extreme anxiety—states that can prompt us to reach for drugs or alcohol to escape.

Becoming Magical

- We have the power to push ourselves out of our mundane existence and to escape the messy and madness to get to a place where we are immersed in magical moments. When we do so, we have stepped into the Miracle Mentality. We are born with magical thinking; it is something we seek throughout our days in childhood. We play with Superman and Wonder Woman because we recognize in them a power to make miracles happen. Usually it is the adults around us who drain the Miracle Mentality out of our system.
- A scary but powerful aspect of living in the mundane, the messy, the madness, and the magical is that in those states we establish patterns and pathways we tend to follow. Those patterns are observed and absorbed by everyone around us,

including our children. That means we can pass these states down to our children. If we live most of our days in chaos, our children begin to see that as normal and they will live their lives the same way. But if we are often in a magical state, our children grow up seeing the beauty and wonder of magical thinking. They grow into adults who live with a Miracle Mentality.

- The new American Dream is to be famous. The intoxicating but destructive facade of fame seems to beckon every young person (and many not-so-young) in America. Fame has become a replacement, a surrogate, for magical. We can't escape our obsession with celebrity even if we hid in a cave. It's become a multibillion-dollar industry, feeding the American fascination with fame. A vast illusion is at the center of it all, propping up the entire enterprise: the idea that fame and wealth bring happiness, bring magic. The promise that if only we could be like them, we would be happy.
- But fame is far from a panacea. Celebrities get caught up in the same rat race as everyone else, chasing the next level of stardom or status or wealth. They, too, are desperately trying to find happiness, believing the next big movie or top-selling album will be the thing that makes their lives perfect. Magical. Even with them, the chase never seems to end. If even they aren't happy in their lives, what does that say about the chances for the rest of us, particularly those of us who use celebrities as our gauge of success or fulfillment? Just being good at your job will never be enough. Having enough to pay your bills won't be enough. We will always feel like we need more, more, more.
- Through the process of self-discovery, we realize we are all anointed in some way, gifted by a higher power with a calling.

We are able to access supernatural strength, to bring about transformation—to make miracles happen in our lives. But we can't stay closed off and turn our backs on it. We have to listen to the signals, slow down, and hear what God is telling us. We must have a Miracle Mentality if we are going to bring transformation into our own lives. It's sitting right there in our heads, just waiting for us to reach inside and access it. The time to start is now.

Trapped vs. Stalled

- When people talk about their lives, they often use one of two words to describe their condition: *trapped* or *stalled*. To be trapped is to be confined, to be held, to be kept. To be stalled is to be temporarily not moving. In that sense, stalled is better than trapped, because when you're stalled you feel like maybe you can get moving again if you get some gas or a push. When you're trapped, you literally can't see a way out of your predicament. The word *trapped* implies there is a ceiling above you, limiting your growth.
- Parents are a major factor in how high the ceiling rises for their children. Those of you who were lucky enough to have parents who raised you to soar to the heavens accessed a Miracle Mentality from a young age. Perhaps you were lucky enough to retain it as you got older.

Activating the Magical: Chapter 3 Summary

- Miracles don't usually happen miraculously. It's going to take some work to get there. Too many people imagine that fame and fortune will come their way due to the power of

Instagram, Twitter, or YouTube—if they can just get their likes and their followers to a certain point, they are certain they’ll be discovered. That’s not going to get it done.

How to Activate a Miracle Mentality

- The ideal state to bring about activation is a confluence of talent, opportunity, and desire. You need a healthy dollop of all three to step into the magical. You can have two of them, but missing that third will often keep you stuck in the mundane or messy. The word *talent* isn’t about the obvious things, like Whitney Houston’s fantastic singing ability or Jamie Foxx’s incredible gift for impersonations and acting. It’s about finding your passion—the miracle that’s resting, waiting, inside of you. It’s you recognizing the thing that God specifically created you to manifest. The thing you always knew you could do better than everybody else around you. Or the thing that always brought you great joy, but little by little you closed it off. Those talents and passions were a manifestation of God whispering in your ear, telling you this is the thing you were made to do. It’s the miracle inside of you.
- What lurks inside many of us is the strong, debilitating presence of fear. *What if I try and I don’t make it? I will have confirmed my worst fears about myself.* We all have to fight off fear at certain times in our lives. In the backs of our minds, we are grappling with the paralysis it can bring. Often, corrosive memories from our past get in the way, transporting us to the moment when it began to make sense to us to protect ourselves from disappointment.
- In Jeremiah 18:6, the Lord tells Jeremiah that he is the potter and we are the clay and he shapes us according to what seems

best to him, just as the potter does. If you think of yourself as clay in the hands of the Lord, it's easy to imagine he has placed the magic inside of you. It's your job to let the magic out, to let it start transforming your life. The path to transformation is by *education*, *observation*, and *conversation*. One of these is present in most cases of transformation.

- If we know that each of us has been masterfully made, then we begin to understand that every day we wake up breathing is a magical day, filled with possibilities. And we think more deeply about our personal definition of magic and how it already shows up in our lives. You start with the small things that are within your reach but that can bring enormous value to your life. Once you begin to do that, you will be amazed by how much it opens the portal to larger, grander magical experiences. You don't need to become Beyoncé or Kim Kardashian to start accessing magic. Really, you just need a path to hope and joy.

Parenting: Chapter 4 Summary

- When broken down to the basics, the job of a parent is to guide, guard, and govern their child. If one of these isn't done adequately, the child is going to suffer in untold ways, likely well into their adulthood. As generations of therapists and developmental psychologists have noted, parents who fail at these three responsibilities often were not properly guided, guarded, and governed themselves when they were a child. This stuff tends to come back and repeat itself with a vengeance. *Guide* means direction, *guard* refers to protection, and *govern* is administration. We all likely know of adults who

are suffering because their childhood was missing one—or in some unfortunate cases, more than one—of these qualities.

- If parents don't find a way to get out of the mess and the madness, they're going to pass it down to the next generation. There is a relevant phrase we use in the Bible world: "reverse the curse." If we have been burdened with trauma and madness from our parents, one of our most important jobs will be to make sure it ends with us. We must do everything within our power to bring up our children with the Miracle Mentality, to give them a chance at a happy, productive, healthy life.
- Psalm 78 is the Bible's lovely offering to parents, giving an exhaustive accounting of the miracles of God, the deeds he has performed, so that the next generation will know about the things of God and they in turn can tell their children. In the biblical construction, we're always looking three generations down; your actions will affect your children's children. We have to learn not only to believe in miracles ourselves but to teach our children to expect miracles. Once they learn how to receive miracles, then we teach them to release miracles out into the world.

Mundane Parenting

- What does it look like when a parent is stuck in the mundane? The mundane is the ordinary, the common, the status quo. It's the daily routine, the regular, the steady. Certainly, there's nothing wrong with having a steady routine, but the mundane has stages. It starts out as a routine, your regular schedule, but then it can lead to boredom, and boredom can lead to frustration. And that's where the problems start. When a parent begins to parent their children from a place of frustration, things start to go bad. Parents pass on that emotion to

the children and a chill settles over the entire household. The children start staying away, spending as much time as they can outside the house—often in places where trouble is sitting right next to them, waiting to be taken for a spin.

Mundane to Magical

- How do we get from the mundane to the magical in parenting our kids? The first step is to understand that your parenting patience, your parenting energy, your parenting creativity, stem directly from how you are feeling about the state of your own life. We know instinctively that we don't give our kids the level of attention and care they deserve when we are feeling frustration and impatience with our lives. It's like the admonition we get from flight attendants at the start of a flight: "Please put the oxygen mask over your own face before you put it over your child's." In other words, you must take care of your own needs properly if you are going to be an effective parent.
- When you find yourself stuck in the mundane, you must take immediate action before it turns into boredom. You have to make room for the magic every week or you'll find yourself in trouble. What is the magic? It can be something small or something big—the important thing is that you give it some attention. You could schedule an exciting lunch date with a colleague or a friend at least once a week, where you go to a restaurant each time that you've never been to before. Even the process of doing the research to figure out where you will eat adds excitement and energy to your week. You might take a yoga class once or twice a week after work, or maybe on Saturday morning. Perhaps you can learn a new skill, or take up a new hobby. The possibilities are endless.

- You have to be intentional about scheduling things you know you will enjoy—just you, not you and your daughter, or you and your significant other. Something that’s just for you. When you start to do that, your mundane lifestyle will be injected with a healthy dose of magic—and it will soon bleed into your parenting. Your children will be the immediate beneficiaries.

Messy

- Many families have been in the mess for so long, they don’t even see the walls crumbling around them. When kids are raised in a messy environment, they get used to a certain amount of disorder. Things always seem to be in a state of flux. Nobody knows what they’re eating for dinner. Nobody is responsible for cleaning up after themselves. They rarely eat dinner together at the table; they rarely talk to each other or ask about how the day went. There’s a kind of selfishness at work in the family—everybody is doing their own thing, minding their own business, unconcerned about how their actions impact others. Keeping a clean house, a clean space, is part of a social contract, an unspoken agreement that family members adhere to. It’s something parents are constantly reminding their children about, the responsibility they have to others. When that contract is ignored, everyone’s mental health begins to suffer.
- When kids live in messy spaces—even though the kids may fight parental efforts to make them clean—they have a more difficult time focusing on tasks such as schoolwork, according to experts. Clutter makes everyone more irritable, anxious, and frustrated, which can lead to damaged relationships across the board. Living in the mess can also have more long-term

effects on children. They are being sent a very strong message that messiness and clutter are okay. That kind of permissiveness in a household leads to a general lack of discipline that can easily follow the child into adulthood.

Messy to Magical

- The first and most important step in moving from messy to magical as a parent is to *wake up*. You have to realize you are raising your children amid a chaotic state that ultimately will have a major impact on their development. Once you have committed yourself to making changes, you must *take inventory*. That means you look at every aspect of your parenting and determine the areas you sense are less than ideal for optimal development of your child(ren).
- After you take an honest inventory of your spaces, you must *create an action plan*. This is perhaps the most important step. It's not enough to recognize the clutter and chaos without deciding how you will eliminate it. What is the theory of change that's going to bring about the transformation you need?
- In crafting your plan, the best way to accomplish your goals is with the assistance of *accountability partners*, who will keep you honest and disciplined.
- All the branches of the military have general orders that apply to anyone assigned sentry duty. Chief among the orders is this one: "I will guard everything within the limits of my post and quit my post only when properly relieved." The last part is especially essential: you don't stop guard duty until you are assured that someone else has relieved you. This should be taken to heart by every parent. When you have children, you must protect and watch over them at all times.

- Children are much more intuitive than we give them credit for, especially in reading their parents. This is how they develop their emotional intelligence, by reading their parents' moods. Children also become adept at picking up on people who have a magical aura around them, people who have the miracle mindset in abundance. When you live the magical lifestyle, you become like a walking billboard that people can read and sense.

Mad

- In madness, you lose your direction. There's a lack of peace in your life. There's a lack of rest. You have a difficult time getting to sleep at night because you are stewing inside a vat of bedlam. There's a paucity of hope; you've become so overwhelmed you want to give up.
- As a parent, you have basically lost control. You are no longer guiding, guarding, and governing your children because you likely aren't doing these things in your own life. The children are left to their own devices, essentially raising themselves—with often disastrous results.

Mad to Magical

- You can try looking inside to get out of the madness, but sometimes you aren't strong enough. Psalm 23 can be a huge help to you. It says the Lord, as your shepherd, guides you, guards you, and governs you. There are other ways you can bring shepherds into your life—living representations of the Lord whose presence gives you comfort and hope.
- If we are going to find a way out of madness, we have to turn our physical spaces into powerful places that can be an oasis for us and our children. There are also people who can have

that effect on us, who can bring us peace because they have that kind of impact on our souls. Whether we find them in church or in the house down the street, we have to figure out how to bring those sorts of people into our lives.

Love Relationships: Chapter 5 Summary

- Our love relationship is probably the most important relationship most of us will have in our lives. In effect, the health of our relationships—in parenting, with our partner, and in our friendships—is the most critical factor in assessing how we feel about our lives. When we are in the midst of a powerful love affair, the sun just seems to shine brighter. We are happier, and we have a much sunnier outlook each day. We develop faith that we will have victories in other areas. We start looking to win. When the love relationship is not going well, many negative effects, including poorer health, can occur. You start looking around, waiting to see what other disasters are going to befall you. You start seeing your life through the lens of the loss.

Mundane in Love

- Our love relationships are often the unwitting victims of the incessant sensory overload that is life in modern America. Sometimes it feels nearly impossible to keep the fires alive and another human being happy with themselves and with us when we are all being told we are not good enough. But despite the seeming impossibility of nurturing successful relationships, we still expect them to fulfill all our needs—and inevitably feel the inescapable drag of failure when they don't.

- It's extremely common in our love relationships for us to forget about doing all the things that brought us together and made us click in the beginning. Remember all the things you did when you first started dating your significant other, all the extra steps you took to make everything perfect? Everything was filled with magic. But then you stopped. The magic worked; he or she is yours. So you got comfortable. The planning went out the window. You aren't trying to connect with each other anymore. There's no overestimating how much effort it takes to keep a relationship from slipping from magical to mundane. It's not for the faint of heart. But so many things rest on our ability to keep the magic alive. A huge percentage of American marriages are likely sitting uncomfortably in the mundane, on the verge of becoming a problem, becoming messy or even mad.

Mundane to Magical

- From a biblical standpoint, your priorities in your family should be clear: God first, your spouse second, your kids third, your job fourth. Once that initial connection is made, it is incumbent on both parties to make sure the fire stays hot, to remain connected, to cultivate the relationship. That means plow the ground, plant the seed, water the seed, and reap the bounty of the harvest. *Connect* and *cultivate*. Cultivation in the context of a love relationship is all about quality time, quality conversations, quality intimacy. Because we typically started our relationships in a magical state, I think most people instinctively know what steps would need to be taken to get back there. Cultivation means to feed, to watch blossom, to protect, to care for. Every single one of these must be present in a love relationship trying to get back to magic.

- In addition to connect and cultivate, add a third C: *create*. You must go out of your way in love relationships to create opportunities for magical moments. The effort is extremely important. We need to regularly *take inventory* of how much effort we are putting into creating magic in our love relationships.
- In order to share any job, communication is crucial. When you sense that the magic has drained away, you have to talk about it. During those talks, you must be honest about what you think you're missing. Once you get to that point, you must *take action steps*. The list of fun activities you can undertake together is endless, ranging from tennis or bowling to gardening or jigsaw puzzles. The thing isn't as important as the time. Be creative.

Messy

- At some point, messy tries to invade every relationship. A messy relationship feels disheveled and disorderly—it starts to lose its rhythm. You got too comfortable in the comfortable. The messes begin to manifest in many ways—someone forgets their partner's birthday, an important anniversary is missed, one of the partners completely neglects an event that had been planned for months. In addition to forgetting, both sides start reneging on promises. Messy will soon descend into arguments, anger, and resentment if it's not addressed. Once you get there, the trip from messy to mad is dangerously short.

Mad

- Your relationship has descended into madness when you just can't ever seem to concentrate because your thoughts keep going back to home. You lose your sense of peace, which is one of the most important aspects of a successful relationship.

You're in the madness when you lose your sense of contentment. There is too much resentment and hostility to conduct regular relationship activities. You're too depleted, distracted, and devastated for the normal stuff to occur. Bad things start happening, such as infidelity and big-time disrespect. One or both of you become dramatic in the midst of the drama.

Messy and Mad to Magical

- In order to get out of madness, you're going to need help. It's a rare couple that can emerge from this on their own. Try these action steps:
1. **Reach out to God.**
 2. **Find the correct counselor.** "Correct" means someone who is going to understand the nature of your crisis and know how to act on it.
 3. **Partner with the right people.** If you're talking to the wrong people, you could be getting the wrong advice.

Friendships: Chapter 6 Summary

- If you want to have a clear idea of which life state you're in—mundane, messy, mad, or magical—all you need do is look around and ask yourself, *What state are my friends in?*
- We all have friends in our lives who serve different purposes—the party friend, the wise friend, the serious friend, the perpetually depressed friend. We often make subconscious decisions about what we need from a friend before we decide which one to call. A friendship is a pact, a devotion, a closeness, an agreement, an understanding. It's a relationship, a bond, a tie, an attachment.

- The people with whom we associate have a powerful ability to influence us. They have the capacity to affect our behavior, our character development, our life goals, our state of mind. Our family and friends are the most powerful influence on our lives. As such, you must ask yourself these questions:

Are your associations lifting you up or dragging you down?

Are the people you associate with the kind of people you would like to be?

Do your associations have the Miracle Mentality?

- In order to have a magical life, you have to have magical partnerships.
- The Miracle Mentality can create uncommon adversaries. But in order for you to partner with power, you have to set aside any pettiness or jealousies. You have to find the common threads you share with someone who might have been an enemy or a competitor and understand how much more you can accomplish as a team, as opposed to foes.

Magical Friendships

- Magical friendships are the ones that can transform your life. When you have those kinds of friends, they download the Miracle Mentality into your brain. If you have access to people in your life who already have the Miracle Mentality, do all that you can to cultivate those friendships.
- We know many of our friends aren't prepared to move from the mundane to the magical, but we should still try to be a source of motivation for them. Pull as many as you can along the way as you begin to transform your life. Just don't expect everyone to follow along. You may need to let go of those who resist you—or at least temper your expectations. Call

them up on occasion, have a great time with them, but protect your dreams from those forces who will try to destroy out of insecurity or envy.

Work/Career: Chapter 7 Summary

- The mundane job is why so many of us wake up on Monday morning with a sense of dread.
- When it comes to our jobs, our careers, and our workplaces, we never know what our future path is going to look like. We must dedicate ourselves to making sure we don't become derailed by letting the mundane turn into dangerous frustration.

Mundane to Magical

- One of the most important ways to ensure that you don't get trapped in the mundane is to have the *correct expectations* for your job. That means you don't start any job with the expectation that you will be in the job for the rest of your life. Some things are for a reason or a season.
- We need to go into every job situation with realistic expectations, a realistic perspective, and realistic goals. Even if you're working at a gas station or a warehouse, you can begin to transform that job from the mundane to the magical by telling yourself the job is preparing you for what comes next.
- The Uncommon Life is a life filled with magic, a life imbued with the Miracle Mentality. To strive for the magical is to be filled with the notion of an uncommon dream, a dream that is different from the norm, that is outside of the mundane. To get that kind of life requires uncommon patience, uncommon focus, uncommon faith, uncommon passion, and uncommon

preparation. The very job you might be cursing right now as too mundane and too much drudgery might be exactly what you need to prepare yourself for what's coming down the road.

- If you work hard at another man's dream and if you work as if you are working for the Lord, you can create magic in the midst of the mundane.
- If you're not getting the benefits, rewards, and accolades you think you deserve at your job, take the long view, not the short-sighted view. Maybe this is a season of your life when you're doing all these things as unto the Lord and serving another person's vision, understanding that eventually you will reap what you sow. Believe that it will come back around to you.
- Jesus was doing blue-collar work, all the while knowing he was a king. We should take strength from that. When you are in a mundane job, it's okay to know you're a king or queen.

Messy

- Messy often comes from a place of insecurity and fear about the future and uncertainty about whether this dead-end job is the end of the line for us.
- When we can come to an understanding about the truth of uncertainty and inevitability, it allows us to relax and be free. To throw ourselves into our present job, whatever it is, because we know it's not permanent.
- The two most important steps in getting out of a mess:
 - Accepting that you need change.
 - Letting down your guard and letting the change agent come through the door.
- Many people when they are in the midst of devastation can be aware that they need help, but they still aren't willing to open themselves up to it. They're hungry, but they're too afraid to

allow themselves to eat. We must be able to tune our souls to the voice of the shepherd, the voice of the Divine. In order to do that, we have to be *willing*.

Mad

- If you're human, you're going to make mistakes. Man's fallibility is a foundational element of almost every major world religion. Though our religions build the expectation of sin and mistakes into their foundations, our society still seems to have a great deal of trouble accepting and forgiving mistakes—in ourselves and in others.
- You don't even have to mess up to acquire a label—we just like to brand people. It makes it easy to put people into categories, which in turn makes it easy to dismiss them. One of the biggest challenges we face as humans is learning how to reject the destructive labels that others try to put on us.
- When we're stuck in the madness, it can be hard for us to realize that our lives are basically a series of unexpected interruptions. And the quality of the lives we lead is determined by how we deal with the interruptions. Over the course of an adult's life, we inevitably will hit bumps in the road, times when it looks like our careers may very well be over because of something we might have done—or not done.

Magical Work

- When we feel like we are stuck in a failing career, sometimes what we need more than anything is a *change of vantage point*, an adjustment of perspective, a re-centering of priorities. Sometimes it can be as simple as committing yourself to others in the form of volunteering time to people much needier than yourself to realize your career isn't doing as badly as you

thought. I think this is God's way of making us sit silently and focusing our attention outside of ourselves.

- *You need a good cornerman.* When we are plagued by self-doubt and negativity about our lives, our careers, and our choices, it's essential we find some way to change our perspective. That's the only way we will be able to hear the signals directing our next steps. A great cornerman—a friend, loved one, family member, therapist, mentor, someone who knows you well—also can help us achieve this trick.
- Because we put so much stock in what we do and that becomes who we are, people have a hard time separating career failure from personal failure. And with the incessant push from society, most of us feel like our careers are short of what they should be.
- In our careers, we feel like we must have the degrees, the prestige, the big salary. The world is screaming at us on a daily basis that we must get all of this right. It sometimes feels impossible to turn our backs on the assault. One of the major takeaways of this book is that we must train ourselves to turn away, to reject the onslaught, if we're going to find any peace and wellness in our lives.
- We have to be careful when we choose coworkers with whom we are going to spend considerable time. We should look for people with a similar mindset and similar motives, people who are not trapped in the mundane.
- You have to work your side B as though it might be a side A because you never know if that “throwaway” job could be the necessary step to something magical.
- When you're feeling like you're drowning in it, you have to reach out and hit the reset button. Take a step back from the madness and ask yourself, *What was my original plan here?*

Money: Chapter 8 Summary

- Financial insecurity is a very scary place to be—suffocating, terrifying, paralyzing. But a lot of the problems are created by our conception of what we need in our lives to feel complete. We have to step off the chase, move away from the want, and focus on the need.
- So many of us spend our days grappling with insecurity, it's one of the defining characteristics of our age. At a time when the world is moving at a head-spinning pace, when we have access to more information than we have ever had, we're always wondering, *Am I doing it right?*

It's a Mad, Mad World

- While all of us see our finances in the mundane or messy state from time to time, psychologically we are all in a state of madness. We've all bought into the need for more, more, more; it's become a national obsession. The wealth obsession bleeds over into so many areas of our lives. It infects our parenting, our love relationships, our friendships, our careers—everything we talk about in this book is threatened by the corrupted idea of money.

How Much Is Enough?

- The word *enough* means sufficient, adequate, ample, but getting to that mental sweet spot where you accept that you have enough can be challenging—especially when we're young and impressionable.

Magic Money

- The people who seem to be living the most magical lives don't have a lot of money. The whole idea of money seems almost

irrelevant to them. Upon meeting them, we walk away thinking, *Man, how do I get some of that?* For instance, the lives of monks are so simple, so peaceful, so filled with contentment. The Miracle Mindset oozes from their every pore. They are happy and peaceful simply being of service to others.

- The first step on the path to that kind of magic is for you to determine how much is enough. You have to go in deep, not skirt the surface.
 - What do I need for a monthly budget?
 - Can my monthly budget be modified?
 - Has excess secretly crept into my monthly budget?
 - What are some luxuries I've let into my life that I really can't afford?

Health: Chapter 9 Summary

- To an astounding degree, science supports the idea of a Miracle Mentality. Study after study proves that our minds can change the functioning and even the form of our bodies. A mind that firmly believes in the power to heal can actually bring healing about.
- Exhibit A: the placebo effect. For the last sixty years or so, scientists have noted that if they carried out experiments using two groups—one that actually received the medical treatment and another that was led to believe it received the treatment but had actually been given an inert substance—many in the group of subjects that did not receive the medicine would report that it had had an effect. Scientists realized that as long as these people thought they had received an actual medical treatment, their minds would possibly bring about healing

effects in their bodies. Scientists even found that when they took images of the brains of patients who had received the inert substances, real and measurable physiological changes were occurring.

- A majority of Americans believe that people can be physically healed by God—66 percent of American adults, according to a 2016 poll by the Barna Group, an influential firm that specializes in tracking faith in America.

We're All Messy

- When it comes to Americans and our health, there's a remarkable consistency in how much we complain about it and how little we actually do about it. We practice too much procrastination and not enough prevention.
- Most of us aren't shaken into taking radical action regarding our health until it's a matter of our mortality. Our concern for aesthetics is rarely enough—we're not going to be able to maintain the stringent diet changes and discipline required if we're just trying to look cute. No, we have to fear for our very lives. But it doesn't have to be that way.

Magical Health

- To start moving toward the magic with our health, we have to *value* who we are and we need to create a *vision* for long-term life.
- In stating that people should be like palm trees, Psalm 92 tells us that when storms hit us, we must bend but not break. How do we keep ourselves from breaking? By practicing self-care, which means having the proper diet, exercise regimen, sleep schedule, and mindset. That's how we move into the Miracle Mentality, by taking care of ourselves in a diligent way and

focusing on both the mind and the body. It's an acknowledgment that in order to live a magical, miraculous life, you must go beyond the norm.

- There is a three-step process we all need to walk through in order to get closer to the magical. First is the *revelation*; next comes *conviction*; then we get to *action*. The revelation might come when you realize you are huffing after one flight of stairs or your favorite dress no longer fits. The conviction is a certainty that gets lodged deep in your soul about the importance of doing something, taking action. Once you are convicted, then you take the action steps to make change—you can say no to the pie, to the doughnut, to the sweets late at night. Conviction is a vital step that most of us have difficulty making. Often, we don't get to conviction unless we find ourselves in mortal fear.
- When we have the Miracle Mentality, there is a smooth synchronicity between the mind and body. Our rhythm is sweet and effortless.

From Addiction to Magic

- The spiritual approach to treating alcoholism pioneered by legendary psychologist Carl Jung forms the basis for the 12-step program used by Alcoholics Anonymous. Jung essentially believed an alcoholic's craving for alcohol is the equivalent of a spiritual thirst for wholeness, for a union with God. The next step in this thinking is that the only way for an addict to become well is to have a relationship with God—a need for spiritual contact that is a fundamental part of every human's character. For a myriad of reasons, addicts have lost that connection to the Divine and as a result have become miserable and sick.

- The quest for perfection can be an extremely destructive force, one that plagues a lot of talented people. But when you're waiting for perfection, it's a package that will never show up.
- When we are stuck in an addiction, we have to figure out a way to *get past the defect*. We can't turn in our lives for a new one, but we can change the way we do our lives. We can recognize the steps that get us in trouble and change direction before we get there. We can ask God to help us transform. We might even have to change the people around us. Significant self-reflection is going to be necessary so that we will be able to recognize our triggers, to understand how we practice self-sabotage. But none of this will be possible without faith, without adopting a mentality that lets you believe that transformation is possible in your life.

It's Never Too Late to Reach for Magic

- For those of us who have made a mess of things in our lives or whose bodies may be too broken down to be saved, we can still find peace. We can still believe that there are wonders awaiting us. It is never too late.

APPENDIX 2

The Miracle Mentality Total Mindset Assessment

Want to unlock the magic in your life?
Take the Miracle Mentality Total Mindset Assessment.

Here's how the Total Mindset Assessment works: You'll be asked a series of questions designed to assess the current state of your Miracle Mindset. Each question will ask you to choose a state from Madness to Magic that most accurately describes you. You'll then be given three options to clarify how much that state best describes how you are doing.

When you're finished, you'll be given a personal Miracle Mindset score on a scale from 0 to 110. This score will show you what state you're currently in and how you can move your life from the madness, messy, and mundane to the magic!

Total Assessment Time: 5 to 10 minutes

TOTAL MINDSET ASSESSMENT

Question Overview

1. How would you describe the state of your life? (Score 0–11)
2. How much “magic” do you experience regularly? (Score 0–11)
3. How do you feel about your future? (Score 0–11)
4. How close are you to reaching your dreams? (Score 0–11)
5. How much quality time do you spend with your family/kids? (Score 0–11)
6. How content are you with your love life? (Score 0–11)
7. Do you have friends who are there for you? (Score 0–11)
8. What is the trajectory of your career? (Score 0–11)
9. What is your personal financial situation? (Score 0–11)
10. How would you describe your self-care? (Score 0–11)

Total Score Range = 0–110

Score Categories

- 0–28: Madness
- 29–56: Messy
- 57–84: Mundane
- 85–110: Magical

Your Personal Mentality Type

Level One: The Madness (0–28)

THE DRAMATIC ALL-STAR

In just about every area, things are a little crazy. Right now there is very little security, people, or finances to count on. The direction of your life seems unclear and somewhat foggy. You feel stuck in your setbacks and are struggling to move forward freely. Despite the struggle, you have a strong desire to change, grow, and learn. The fact that you invested in yourself by reading this book shows that you are tired of the drama and ready to reach for the magic.

Level Two: The Messy (29–56)

THE HOT MESS

Even though some things are looking up, overall, life is still messy. You might have a job—but it's not the best job, and it's not much fun either. You might have family and friends—but you don't get along with them very well and don't have much fun together. You might have plans for the future—but you're nowhere close to where you want to be financially or in your career. You have *some* direction, but you spend so much time in the mess that you feel it's keeping you from the magic and from making real progress physically, spiritually, mentally, financially, and relationally. You need some help.

Level Three: The Mundane (57–84)

“I’LL HAVE THE REGULAR”

Right now things are comfortable. So far you've been able to handle most of what life has thrown at you. Things are fairly organized and nothing in your life is falling apart. You have steady

relationships with little to no drama. You've developed good habits that bring order to your life. But . . . you feel *stuck*. Things are fine, but your life is not very exciting. Everything has gotten comfortable and predictable. That predictability has led to feelings of being bored and uninspired. You are living life in neutral with little drive pushing you forward.

Level Four: The Magical (85–110)

THE MIRACLE WORKER

It's official: you've cracked the code on life. You have not only mastered personal self-discipline and healthy relationships, you are now living in the bonus round! However, even though you experience miracles everywhere you go, you know you are still a work in progress. There is still room to grow, places to go, and people to meet. You have experienced a taste of uncommon results and now want to commit yourself to an uncommon life.

Assessment

1. How would you describe the state of your life?

Madness

In just about every area, things are a little crazy. Right now there is very little security, people, or finances to count on. The direction of your life is unclear and somewhat foggy. You feel stuck in your setbacks and unable to move forward freely.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

Even though some things are looking up, overall life is still messy. You have some direction, but you spend so much time in the mess you feel it's keeping you from the magic and from making real progress physically, spiritually, mentally, financially, and relationally. You need some help.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

Right now things are comfortable. So far you've been able to handle most of what life has thrown at you. Things are fairly organized and nothing in your life is falling apart. You have steady relationships with little to no drama. You've developed good habits that bring order to your life, but you still feel stuck in regular mode.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

It's official: you've cracked the code on life. You have not only mastered personal self-discipline and healthy relationships, you are now living in the bonus round! Even though you experience miracles everywhere you go, you know you are still a work in progress and are eager to grow more.

- Worse = 9
- Exactly = 10
- Better = 11

2. How much “magic” do you experience regularly?

Madness

It's been a long time since something magical has happened in you. If you're being honest, you feel overwhelmed with life. There is very little fun and a lot of stress.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

You have experienced a few magical moments in your life, but you feel so preoccupied with the messiness of life you never feel like you have the time to do something new or go somewhere different.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

Life has been good overall, but there is very little variety. You mostly work, spend time at home, and eat at the same spots. Things are okay, but there is not much that is new in your life.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

Life is not only good, but magical moments happen all the time. You always meet new people you weren't expecting and often travel to places you are interested in visiting. You have deeply spiritual experiences that make you feel connected to others, the world, and God.

- Worse = 9
- Exactly = 10
- Better = 11

3. How do you feel about your future?

Madness

You have no idea about the future. Honestly, you are barely able to handle today, let alone think about tomorrow. You live day to day, hoping for the best.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

You know there is a purpose to your life, but you're struggling to make progress or have a clear sense of direction. Some of your efforts are working, but things are not moving as quickly as you'd like them to move.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

You have a clear direction in life and make regular progress toward your goals. That said, you also feel your future is a little too predictable and safe. You often find yourself wondering if there is more to life.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

You are very excited about your future. You know exactly what your dreams are, and you work toward them every day and make daily progress. You are also excited about future opportunities that could lead to new projects with new people!

- Worse = 9
- Exactly = 10
- Better = 11

4. How close are you to reaching your dreams?

Madness

Your dreams feel a long way off—so far away that sometimes you doubt yourself. You are not moving toward your dreams, and you don't totally know how to begin working toward them.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

You know what your dreams are and work toward them when you can. Honestly, that's not very often. Life keeps you so busy you struggle to find the time to work toward your goals.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

You know what you're supposed to want and regularly work toward your goals. You are making progress, but you have lost the passion you once had.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

You are laser-focused on your dream. Every day you make progress and get more excited about what you're working toward, and you know why you're working toward it. Your dreams and efforts are not only incredibly meaningful to you, they inspire you to be better and strive further.

- Worse = 9
- Exactly = 10
- Better = 11

5. How much quality time do you spend with your family/kids?

Madness

You feel frustrated all the time. You don't know how to balance your personal life, work life, and family life. Your personal frustrations are affecting your family and kids. Your frustrations with your family and kids are affecting your personal and work life.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

Life is messy. Your personal time is often also your family time. When you come from work frustrated you have a hard time not expressing your frustrations to your family. You need to decompress.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

Life is fairly balanced. You follow a proper schedule, which allows you to regularly schedule family time and time for yourself. That said, when you do spend time together as a family, it's spent at home. You rarely go out by yourself, with friends, or with your family and kids.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

Your family is the center of your life. You have lots of fun being with one another and regularly go out and enjoy life together. You also have regular personal time by yourself, with friends, and working on your hobbies.

- Worse = 9
- Exactly = 10
- Better = 11

6. How content are you with your love life?

Madness

Your romantic life has been nonexistent for a long time. You often feel alone or lacking care, intimacy, or affection. You desire true partnership and are open to forms of romantic connection.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

You experience some level of romantic connection, but it's not consistent. There is some level of intimacy and affection, but life often gets in the way, leaving you wanting more.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

You experience regular romantic connections that are meaningful. But they leave you not as fulfilled as you would like to be.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

You not only experience regular meaningful romantic connections that leave you feeling extremely fulfilled, you also experience meaningful forms of intimacy and affection.

- Worse = 9
- Exactly = 10
- Better = 11

7. *Do you have friends who are there for you?*

Madness

You don't really have any close friends. You know people at work or from the past, but no one you could call in the middle of the night to help you out of a jam. With the friends you do have, you bond over unhealthy vices and habits.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

You have one or two close friends, but they are semi-toxic relationships. Instead of them building you up, you often feel torn down and beat up after you're with them.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

You have some close friends and you get along well. You bond over common interests and past experiences. That said, you can only go so deep with them or share so much. You feel like they don't totally get you, even though you also know they love you.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

You have a solid friendship group around you. You not only bond over common interests and experiences but also share the same desires. You make each other stronger. You support each other. You are better because of them. You don't know where you'd be without your most cherished friendships.

- Worse = 9
- Exactly = 10
- Better = 11

8. *What is the trajectory of your career?*

Madness

Your career has stalled. You have a job you don't like with people you can't trust. The work environment is toxic and the pay is lousy. You don't see a future working there and are unsure about working in this industry in general.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

You don't like your job, but you also don't hate it. Your primary motivations for doing it are the money and security. The work culture isn't great but not bad enough for you to leave.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

Your career is doing well. You work at a good company and have a position that comes with some perks and pays well. You are reasonably happy but also feel unfulfilled. The work has become repetitive and boring. Change would be nice, but you're happy enough to stay.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

You not only have a great career, you are also living your calling. Your pay is high, your coworkers are great, and you feel like you're making a real difference and creating lots of value.

- Worse = 9
- Exactly = 10
- Better = 11

9. What is your personal financial situation like?

Madness

You are in debt. You don't have a long-term personal financial plan or a budget. You avoid opening the mail in fear of finding bills or looking at the status of your bank account. You experience constant financial stress and don't have a full financial picture of your life.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

You created a financial plan and a budget but don't follow it or check it often. You have reliable income but tend to spend first and ask questions later. You have some credit card debt but are making payments—usually the minimum. You have some financial stress but try not to think about it.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

You have a personal financial plan and are living within your means. You do save some money regularly but still have overhead that makes you wish you were making more.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

You're not only living within your means, you have also let go of the things you can't afford. You've discovered personal financial planning, regular saving, and a modest overhead not only mean less stress and more security but also freedom!

- Worse = 9
- Exactly = 10
- Better = 11

10. How would you describe your self-care?

Madness

Self-care isn't a priority. You take no time for yourself and don't have a daily routine. You eat what you want and sleep when you want. You're not very physically active outside of walking to your car, work, and back home.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

Self-care is a great idea. You make an effort at a daily routine, but you don't always follow it. You have tried dieting and exercise but have a hard time sticking to it. You've bought grooming products but don't use them regularly. You start self-improvement books but never seem to finish them.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

You have a self-care routine. For the most part, it works well. You practice good habits in health and wellness regularly and can see the results. Even so, you feel you've physically, mentally, or spiritually plateaued and find yourself wishing for more.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

Self-care is not only a priority, it's become a gateway for a bigger, better, and more meaningful life. Health and wellness habits have become a lifestyle that actively and continually transform you.

- Worse = 9
- Exactly = 10
- Better = 11

APPENDIX 3

Miracle Mentality Workbook

Primary Worksheets:

1. *Magic* in the Madness
2. *Magic* in the Messy
3. *Magic* in the Mundane

Topical Worksheets:

1. Parenting
2. Love Relationships
3. Friendships
4. Work/Career
5. Money
6. Health

Magic in the Madness

The first step to overcoming the madness is to learn the power of feeding your faith and starving your doubts. You do that by *avoiding* things that drain you and *adding* activities that fuel you.

What fuels you? List activities that energize you:

Physically (e.g., Work out regularly)

Mentally (e.g., Read a good nonfiction book)

Spiritually (e.g., Follow a daily devotional)

Financially (e.g., Create and review my budget)

Relationally (e.g., Take my girlfriend out on one date a week)

Socially (e.g., Go to the movies with my friends)

Add Uplifting Activities

Write down two activities you'll commit to adding to your life-style in the next two weeks.

Activity Goal #1

Example: Reading a daily devotional

Activity Goal #2

Example: Working out regularly

Eliminate Draining Activities

Write down two activities that drain your energy that you can remove from your life in the next two weeks.

Draining Activity #1

Example: Sleeping in late

Draining Activity #2

Example: Choosing to argue with my girlfriend

Magic in the Messy

Before you can achieve uncommon results, you have to start living an uncommon life. That begins with taking inventory of your problem areas and developing strategies to grow in those areas.

Taking Inventory

List the areas of your life that you struggle the most with. Is it friendships? Romantic relationships? Finances? List your area and explain how you're struggling with it.

Area and Problem

Examples:

Romantic: I find myself constantly fighting with my girlfriend.

Career: I am struggling to grow my business.

Health: I feel sluggish and out of breath.

Friendship: My friend Hannah is still mad at me after I forgot her birthday.

Area

Problem

Area

Problem

Area

Problem

Area

Problem

Action Step

Sometimes the best way to address a problem area is to take the first step toward dealing with it. Below, list one action step you can take to begin to fix the problem.

Area and Action Step

Examples:

Romantic: Buy and read the book The Five Love Languages.

Career: Hire a business coach to whip me into shape.

Health: Sign up for a gym membership and schedule workout sessions during lunch.

Friendship: Call Hannah and apologize. Make it right.

Area

Action Step

Area

Action Step

Area

Action Step

Area

Action Step

Magic in the Mundane

The best way to find the magic of life is to set the conditions for something magical to happen. You set those conditions through *education, conversation, and observation.*

Education

List three topics, activities, or people you've always wanted to learn about.

Examples:

1. *Martin Luther King Jr.*
2. *How did the running of the bulls get started in Spain?*
3. *I've always wanted to learn how to ride a horse.*

1.

2.

3.

Conversation

List three topics, activities, or people you've always wanted to talk about or to.

Examples:

1. *Lewis Howes—I've always wanted to ask him how he recovered from his sports injury.*
2. *My Uncle Louis—What was it like to fight in the Korean War?*
3. *I'm really into film history. There's a Stanley Kubrick exhibit at the MOCA I want to see.*

1.

2.

3.

Observation

List three places or events you've always wanted to visit or watch and why.

Examples:

1. *Iceland—I've always wanted to see the glaciers!*
2. *An eclipse! My childhood wish was to study the stars.*
3. *Watch the movie Pulp Fiction. It was big in high school. Heard good things!*

- 1.
- 2.
- 3.

Parenting: Personal Mindset Assessment

Parenting Score Review

How much quality time do you spend with your family/kids?

Madness

You feel frustrated all the time. You don't know how to balance your personal life, work life, and family life. Your personal frustrations are affecting your family and kids. Your frustrations with your family and kids are affecting your personal and work life.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

Life is messy. Your personal time is often also your family time. When you come home from work frustrated you have a hard time not expressing your frustrations to your family. You need to decompress.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

Life is fairly balanced. You follow a proper schedule, which allows you to regularly schedule family time and time for yourself. That said, when you do spend time together as a family, it's spent at home. You rarely go out by yourself, with friends, or with your family and kids.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

Your family is the center of your life. You have lots of fun being with one another and regularly go out and enjoy life together. You also have regular personal time by yourself, with friends, and working on your hobbies.

- Worse = 9
- Exactly = 10
- Better = 11

YOUR SCORE: _____ (0-11)

YOUR STATE: _____ (MADNESS | MESSY | MUNDANE | MAGICAL)

Magic in Parenting

The best way to move from the mundane to the magical in parenting is to lower personal frustration and increase your parenting *patience, energy, and creativity*. Increase your capacity by choosing one activity to do with yourself, with your romantic partner or a friend, and with your children in each of these three key areas.

Increase Patience

Examples:

1. *By Yourself: Go to a yoga class.*
2. *With Partner or Friend: Go ice skating in Central Park.*
3. *With Kid(s): Make hot chocolate together and watch a classic movie.*

1. By Yourself

2. With Partner or Friend

3. With Kid(s)

Increase Energy

Examples:

1. *By Yourself: Go for a brisk jog while listening to my favorite music.*
2. *With Partner or Friend: Go on a romantic date or for drinks with friends at a trendy restaurant or bar.*
3. *With Kid(s): Take them to play laser tag.*

1. By Yourself

2. With Partner or Friend

3. With Kid(s)

Increase Creativity

Examples:

1. *By Yourself: Take music or singing lessons.*
2. *With Partner or Friend: Attend a cooking class.*
3. *With Kid(s): Go to the beach and build a sand castle.*

1. By Yourself

2. With Partner or Friend

3. With Kid(s)

Love Relationships: Personal Mindset Assessment

Love Relationship Score Review

How content are you with your love life?

Madness

Your romantic life has been nonexistent for a long time. You often feel alone or lacking care, intimacy, or affection. You desire true partnership and are open to forms of romantic connection.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

You experience some level of romantic connection, but it's not consistent. There is some level of intimacy and affection, but life often gets in the way, leaving you wanting more.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

You experience regular romantic connections that are meaningful. But they leave you not as fulfilled as you would like to be.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

You not only experience regular meaningful romantic connections that leave you feeling extremely fulfilled, you also experience meaningful forms of intimacy and affection.

- Worse = 9
- Exactly = 10
- Better = 11

YOUR SCORE: _____ (0-11)

YOUR STATE: _____ (MADNESS | MESSY | MUNDANE | MAGICAL)

Magic in Love Relationships

The cornerstone for long-term success in love relationships begins with *connection* and *cultivation*. That means keeping up the things that cultivated your initial connection and love.

Take Your Partner on a Date

Examples:

- *Take my partner to a dinner and a movie.*
- *Cook a romantic dinner at home.*
- *Spend the weekend in the wine country.*
- *Go get a couples' massage.*

Date Ideas:

Have a Meaningful Conversation

Examples:

- *Discuss shared future goals.*
- *Spend time connecting over common interests.*
- *Talk about how you first met and fell in love.*
- *Share dream vacation ideas.*

Topics to Discuss:

Perform Acts of Love

Examples:

- *Do the dishes for them after a long day at work.*
- *Buy them flowers or bring them lunch at work.*
- *Write them a sweet card or note of encouragement.*
- *Take the kids to Disneyland while your partner enjoys a day at the spa.*

Nice Things You Could Do for Your Partner:

Friendships: Personal Mindset Assessment

Friendships Score Review

Do you have friends who are there for you?

Madness

You don't really have any close friends. You know people at work or from the past, but no one you could call in the middle of the night to help you out of a jam. With the friends you do have, you bond over unhealthy vices and habits.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

You have one or two close friends, but they are semi-toxic relationships. Instead of them building you up, you often feel torn down and beat up after you're with them.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

You have some close friends and you get along well. You bond over common interests and past experiences. That said, you can only go so deep with them or share so much. You feel like they don't totally get you, even though you also know they love you.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

You have a solid friendship group around you. You not only bond over common interests and experiences but also share the same desires. You make each other stronger. You support each other. You are better because of them. You don't know where you'd be without your most cherished friendships.

- Worse = 9
- Exactly = 10
- Better = 11

YOUR SCORE: _____ (0-11)

YOUR STATE: _____ (MADNESS | MESSY | MUNDANE | MAGICAL)

Magic in Friendship

An Exercise to Do with a Friend: Power of Partnership

Name of friend you're partnering with: _____

Example: Tom Anderson

An Exercise in Listening

Ask them to explain what they want their life to look like in the next three to five years. Write it down:

Example:

Tom's dream is to become a musician. He wants to make all of his money as a working artist and finally leave his job as a waiter. He also wants to develop as an actor, so he wants to sign up for an acting class.

Tom also wants to get a dog. A German shepherd. He's just been waiting to finally make the leap.

It's been over a year since Tom broke up with his longtime girlfriend. He is finally ready to meet new people and go on dates. He wants a relationship. This is very big for him! Go, Tom!

Areas

If you had to name the three main areas that are the focus of their goals, what would they be?

Examples:

- 1. Music*
- 2. Finances*
- 3. Romantic Relationships*

- 1.*
- 2.*
- 3.*

Support

Write down three ways you can support them in reaching their goals.

Examples:

- 1. I can make sure to go to Tom's local shows to support him!*
- 2. When Tom wants to go out and meet new people, I can be his wingman and encourage him!*

3. *When Tom gets his dog and needs someone to house-sit while he's away touring, I can help!*

1.

2.

3.

Work/Career: Personal Mindset Assessment

Work/Career Score Review

What is the trajectory of your career?

Madness

Your career has stalled. You have a job you don't like with people you can't trust. The work environment is toxic and the pay is lousy. You don't see a future working there and are unsure about working in this industry in general.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

You don't like your job, but you also don't hate it. Your primary motivations for doing it are the money and security. The work culture isn't great but not bad enough for you to leave.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

Your career is doing well. You work at a good company and have a position that comes with some perks and pays well. You are reasonably happy but also feel unfulfilled. The work has become repetitive and boring. Change would be nice, but you're happy enough to stay.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

You're not only living within your means, you also have let go of the things you can't afford. You have found that personal financial planning, disciplined savings, and a modest overhead not only mean less stress and more security, but also freedom!

- Worse = 9
- Exactly = 10
- Better = 11

YOUR SCORE: _____ (0-11)

YOUR STATE: _____ (MADNESS | MESSY | MUNDANE | MAGICAL)

Magic in Work/Career

Proverbs 28:19 says, "Those who work their land will have abundant food" (NIV). If you want to experience abundance in your career, start by working hard and sowing good seeds!

Prosper Where You're Planted

Build your career opportunities by working hard and developing a good reputation. Create a vision for your future by describing what you would want your coworkers or boss to say about you at a performance review.

Example:

I want them to say that I am excellent at my job. That I always put my best foot toward. That I am reliable, dependable, and always willing to help out. I also want them to say that I am positive and encouraging. That I am a fun person to work with and I lift up the team when I am there.

If there is a promotion, I want them to think of me. That I would be up for any challenge, that I can take criticism well, be responsible, and own my failures and successes.

Work Your Land

Some jobs don't last forever. That said, use your current opportunity to set you up for long-term success. Write down three skills this job has taught you that you could take into future opportunities.

Example:

- 1. I'm a master at Photoshop.*
- 2. I can type sixty words a minute.*
- 3. I can lead a team.*

- 1.
- 2.
- 3.

Sow Good Seeds

Who are three people at your work or job you can support, encourage, or help? And what can you do to bless them over the next month?

Example:

1. *My boss, Briana: Figure out what she needs before she asks.*
2. *Teammate Jon: Encourage him. It's been a hard sales month.*
3. *Janitor Steve: Leave him a thank-you note for all his hard work.*

Name #1

Way I Can Help Them

Name #2

Way I Can Help Them

Name #3

Way I Can Help Them

Money: Personal Mindset Assessment

Money Score Review

What is your personal financial situation like?

Madness

You are in debt. You don't have a long-term personal financial plan or a budget. You avoid opening the mail in fear of finding bills or looking at the status of your bank account. You experience constant financial stress and don't have a full financial picture of your life.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

You created a financial plan and a budget but don't follow it or check it often. You have reliable income but tend to spend first and ask questions later. You have some credit card debt but are making payments—usually the minimum. You have some financial stress but try not to think about it.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

You have a personal financial plan and are living within your means. You do save some money regularly but still have overhead that makes you wish you were making more.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

You're not only living within your means, you have also let go of the things you can't afford. You've discovered personal financial planning, regular saving, and a modest overhead not only mean less stress and more security but also freedom!

- Worse = 9
- Exactly = 10
- Better = 11

YOUR SCORE: _____ (0-11)

YOUR STATE: _____ (MADNESS | MESSY | MUNDANE | MAGICAL)

Magic in Money

What Matters

The first step to magical finances is to identify what matters most in your life. Is your luxury car really more important than meaningful relationships, joy, or peace? Describe three of the most important non-material things in your life.

Example:

1. *Family*
2. *Security*
3. *Making a difference*

- 1.
- 2.
- 3.

Eliminate

Step two is to declutter your financial life. That happens when you eliminate financial waste. Write a list of three to five things you pay for right now that you could eliminate in the next thirty days.

Examples:

Things You Don't Need

- *HBO, Showtime, Hulu, and cable (I don't need all of those!)*
- *Monthly spa membership*
- *Designer jeans*
- *Takeout every night*

Things You Don't Need

Downsize

Step three is to downsize. Do you really need the big house with empty bedrooms when something more modest will do? List three things you could downsize within the next year.

Example:

Current Asset ? and Downsized Version

1. *Luxury car ? Reliable car*
2. *Boat ? I can rent a boat.*
3. *Large house ? Spacious apartment in the city*

Current Asset ? and Downsized Version

- 1.
- 2.
- 3.

Health: Personal Mindset Assessment

Health Score Review

How would you describe your self-care?

Madness

Self-care isn't a priority. You take no time for yourself and don't have a daily routine. You eat what you want and sleep when you want. You're not very physically active outside of walking to your car, work, and back home.

- Worse = 0
- Exactly = 1
- Better = 2

Messy

Self-care is a great idea. You make an effort at a daily routine, but you don't always follow it. You have tried dieting and exercise but have a hard time sticking to it. You've bought grooming products but don't use them regularly. You start self-improvement books but never seem to finish them.

- Worse = 3
- Exactly = 4
- Better = 5

Mundane

You have a self-care routine. For the most part, it works well. You practice good habits in health and wellness regularly and can see the results. Even so, you feel you've physically, mentally, or spiritually plateaued and find yourself wishing for more.

- Worse = 6
- Exactly = 7
- Better = 8

Magical

Self-care is not only a priority, it's become a gateway for a bigger, better, and more meaningful life. Health and wellness habits have become a lifestyle that actively and continuously transforms your life.

- Worse = 9
- Exactly = 10
- Better = 11

YOUR SCORE: _____ (0-11)

YOUR STATE: _____ (MADNESS | MESSY | MUNDANE | MAGICAL)

Magic in Health

Vision

What does being healthy look like to you? Travel into the future two to three years from now. If you had all the time, money, and help you needed, what would your life look like at peak self-care?

Example:

I'd like to be an active man who still has a lot of energy and feels good in his body. I'd like to be working out at least three mornings a week and at my ideal weight and still be able to fit in the same size shirts and pants as I did in my thirties and forties. I want a regular morning self-care routine that prepares me for the day wherever I am (even when traveling). I want to feel strong and capable physically but also mentally. Even though I am busy I want to be reading at least one book a week and still learning new things!

Revelation

If you had to describe your future self in three words, what would they be?

Example:

1. *Strong*
2. *Slim*
3. *Clean cut*

- 1.
- 2.
- 3.

Action

Having great self-care means establishing great self-care habits. What are three simple habits you can begin this week that will move you closer to your health vision for your life?

Example:

1. *I can begin my day by drinking a green smoothie for breakfast that includes all my daily vitamins.*
 2. *I can schedule a walk with my son on Tuesdays and Thursdays after work at the local park.*
 3. *I will spend time reading a devotional and journaling thirty minutes each morning before I check my phone, emails, or social media.*
-
- 1.
 - 2.
 - 3.