

## **Solution-Focused Future Perfect Exercise: The Miracle 10 Day**

Imagine after you go through your usual day, you go to bed. And while you are sleeping, a miracle happens. When you wake up, you are having a 10 day.

As you are going through your day, what would tell you that your day is a 10?

What would be different?

What would be better?

What would you be doing?

What would others notice is different?

On a scale of 1–10, where 10 is the day after the miracle, and 1 is the opposite, where would you say you are now?

How did you get to that number oppose to the number lower?

What would it take to move one point up on the scale?

<https://www.universalcoachinstitute.com/miracle-question/>