

The 1-Minute Miracle: Change your Family, your Work, & your Whole Life



By Sara Palmer

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**Your life looks like someone gave
a Sharpie to a chipper toddler.
Messy. Out-of-control. And
possibly permanent.**

To give you access to your confidence, control,
and calm, we need to talk about the way your
brain reacts and how to intervene so you can
make intentional, empowered, confident choices.

No more "Why did I do that *again?*"

No more "How does everyone else have it
together?!"

No more "Ugh. I'm the worst... "

This 5-step 1-Minute Miracle Method breaks
down how to reprogram your unhelpful behaviors
and replace them with simple, easy-to-follow
actions so you screw up so much less and succeed
so much more.



Step 1

Name Your First Thought

- You're in the car. The shrieking is so. so. loud.
- You're on the couch. Partner asks why the house is a mess.
- You're at the fridge. At 1:30am. Alone.

Something is happening, and you're about to react.

Step #1 is hard-simple. It seems easy, until we actually try to do it: **What is the thing you will automatically say/do/think?**

That is your First Thought. It probably took about one second to name. And it kept you alive to this point, so it deserves some praise. Even if it eventually started causing more problems than it solved.



Step 2

Find Your Second Thought

There are parts of our lives we want to change - parenting, intimate relationships (friends, partners, etc), career goals, health. And like the bad-ass womxn we are, we read, listen, join ALL the things. We gather up all the ideas that resonate. We store them in The Recipe Box in our mind.

We almost never give ourselves a chance to *try* one of those ideas, though. Cuz First Thought comes in hot every time...

So here is Second Thought's time to shine. **Give yourselves 3-5 seconds to dig through The Recipe Box and find something you'd rather say/do/think. Find it. That's it.**





Step 3

Pick One

We've got our First Thought and Second Thought now, like some weird Devil/Angel combo. It's been about five seconds total.

Now, Pick One. That's the magic. **Either pick the First Thought or the Second Thought and then say/do/think it.**

"How is this useful, Sara?! I'll still probably yell at my kids or resent my partner for being annoying or eat the whole pint of Ben & Jerry's Cherry Garcia at 1:30am because no one else will see me then. This doesn't change anything!"

It matters - cuz those actions will be intentional, not reactive. You will make a conscious choice. It will be on purpose.



Step 4

Hit the HALTtm

You're at Step 4 against your will. Step 3 really messed with you - You're here for help and I'm over here telling you to pick a thought. *Dude, I always pick First Thought. How do I NOT pick First Thought?*

What sets us off? What makes it possible to choose Second Thought?

Well, let's welcome HALTtm to the stage!

H - Hungry

A - Angry

L - Lonely

T - Tired

t - thirsty

m - meditation/medication

That's our foundation for strong, empowered decision making. When we have our HALTtm balanced, we are able to make choices we don't regret.





Step 5

Practice Every Single Day

Set a few alarms on your phone that repeat every few days at different times (10am, 1:30pm, 9:15pm.)

The alarm rings. STOP. Run Steps 1-3 where you are.

ex. 1:30pm - Zoom Meeting, looking at the womxn presenting.

First Thought: Ugh, did a sleepy emo teenager do her makeup this morning? She looks ridiculous.

Second Thought: Aaaaaand there's the patriarchal appearance policing.

Who TF cares about her eyeliner? What has she *said*?

Pick one: yeah, going with Second Thought on that one.

Practicing one minute (or less!) every day in low-impact situations strengthens new neural pathways; so when real life goes down, you:

- blast the Metallica instead of yelling at the kids
- use powerful-but-helpful words with your partner
- and maybe just shut the freezer door and go to bed at 1:30, because yeah

You're worth it.



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Want more? Let Me Show *You* How to Win with the 1-Minute Miracle Method

The biggest problem I find womxn have at the start of the 1-Minute Miracle Method is how to move from First Thought to Second Thought. Sound familiar? Are you someone who never gets to that recipe box full of "I want to's" or someone who wishes you had some other thoughts to pick?

Whether that's you or you have a whole different obstacle, **let's hop on a free 15-minute call** - I want to hear a problem you're struggling with and offer some solid 1-Minute Miracle Method support to move you from feeling stucky-stuck to confident AF.

LET'S TALK, SARA!

Attract

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