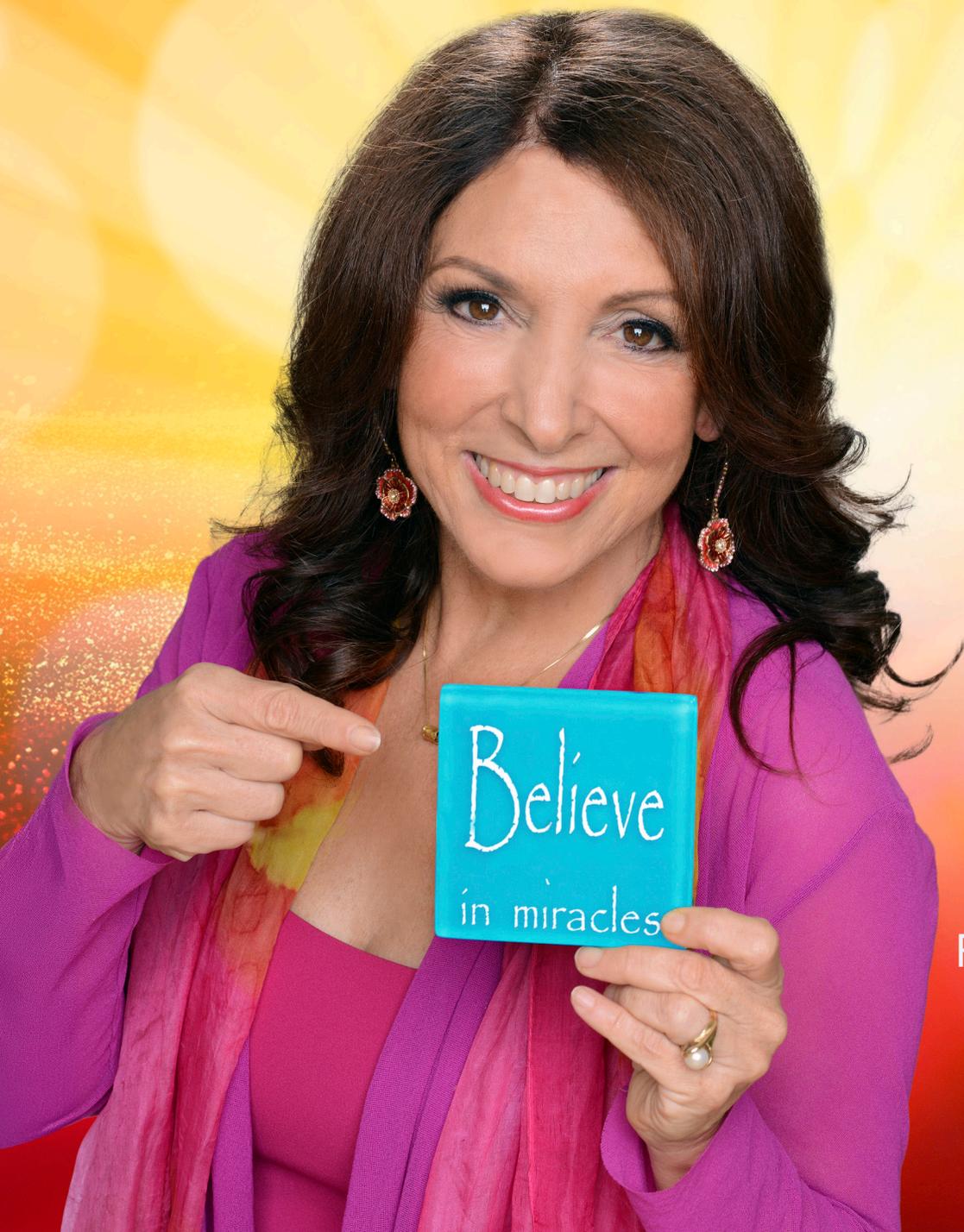


The Miracles Energetic Reset Checklist

Realign Your Energy, Refocus Your Intentions,
and Create Momentum for a Miraculous Year Ahead



From #1 *New York Times*
Bestselling Author,
Marci Shimoff



Welcome to The Miracles Energetic Reset Checklist

Hello and welcome!

I'm Marci Shimoff and I'm so glad you're here.

Let's take a moment to celebrate YOU—for showing up here, right now. That in itself is a miracle.

If the past few months have felt heavy, off-track, or just not as magical as you'd hoped, you're not alone. And you're not behind. You're right on time to shift your energy and call in the miracles that are waiting for you.

This simple, powerful checklist is your reset button. It's designed to help you:

- ✿ Let go of what's draining your energy
- ✿ Tune back into what really matters to you
- ✿ Reignite your connection to the miraculous

Inside these pages, you'll find a step-by-step process to clear mental and emotional clutter, reconnect with your heart's desires, and create daily momentum toward a life that feels joyful, abundant, and aligned.

You don't have to do this perfectly. You just have to begin.

And with each small step, you realign with the energy of miracles—where synchronicity, ease, and joy become your new normal.

Let's reset and rise together.

You've got this... and we've got you.

Want an even deeper dive? Join me for my upcoming FREE miracles training where I'll share 3 secrets to manifesting your most miraculous life. During our time together, I'll share exactly what to do for an instant shift so you can stop feeling stuck, uncertain, or overwhelmed and get into the flow of miracles.

No need to wait another year or even another month to shift your energy and tune into miracles! [Click here to join me for this free training.](#)

With love,

Marci





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The *Miracle Energetic Reset* Checklist

Clear the Static

Release the emotional and mental noise that's drowning out your inner wisdom.
(What feels heavy, incomplete, or stuck? Name it so you can release it.)

Tune Into Your True Frequency

Reconnect with the dreams and desires that light you up—not the ones that drain you.
(What would make you feel alive, joyful, and fulfilled in the months ahead?)

Flip Your Energy Switch

Reset your field in 5 minutes or less and move from default mode to miracle mode.
(Choose and commit to a small daily practice to reconnect and realign for 7 days.)

Follow the Golden Breadcrumbs

Spot the signs, synchronicities, and unexpected support guiding you forward.
(Even the smallest signs of progress or magic are invitations to trust.)

Stake Your Claim on a Miraculous Life

Declare your alignment and let the Universe know you mean it.
(Speak your intentions out loud—you're ready to receive.)





1. Clear the Static

Release the emotional and mental noise that's drowning out your inner wisdom.

By mid-year, it's easy to carry around invisible clutter—disappointments, doubts, guilt, regrets—that hum quietly in the background of your mind like mental and energetic static.

You might not even notice it... until you realize you're feeling heavy, stuck, or strangely off your path.

Miracles don't disappear—they're just harder to receive when there's a lot of emotional and mental noise.

It's time for a reset.

✿ Ask yourself:

- What feels heavy or incomplete from the first half of my year?
- Where am I still carrying guilt, resentment, or self-judgment?

✿ Then, write down 3 things you're ready to release.

It could be a thought, a habit, a fear, a story about who you think you need to be.

Finally, say out loud:

“I clear the static. I lovingly release what no longer serves me.”

Science backs you up:

Research shows that naming and releasing stuck emotions (even briefly!) helps regulate your nervous system and opens up space for clarity, healing, and new possibilities. It's literally like rebooting your computer!

Miracle insight:

In Your Year of Miracles, we've seen it again and again—when you lighten your inner load, synchronicities, fresh opportunities, and even long-delayed dreams can rush in. I've experienced this in my own life so many times. Cleaning out a closet and even deleting files on my computer or phone paved the way for fresher energy and new experiences.

Let this be a clean breath of fresh air as you move into a miraculous new day.





2. Tune Into Your True Frequency

Reconnect with the dreams and desires that light you up—not the ones that drain you.

When life gets busy and chaotic, it's easy to start chasing goals that aren't even ours—expectations we inherited, obligations we absorbed, images we think we're supposed to live up to.

We can even get addicted to the pull of distractions on the news, social media, or the drama of friends and family.

No wonder it's easy to lose the motivation and inspiration you might have felt at the beginning of the year!

Your true frequency—the energy that fuels miracles—lives in your deepest desires and in your connection to the soul. Not the “shoulds” or the empty achievements of busywork. And definitely not in the distractions that life can provide!

The energy that fuels miracles comes from the things that make the soul lean forward and whisper, “*Yes. More of this.*”

✿ Ask yourself:

- What am I truly longing to experience or feel in the next six months?
- What lights me up inside—even if it feels impractical, silly, or too big?

✿ Write down your Top 3 Heartfelt Intentions for the rest of the year.

Then, choose one *guiding word* or short phrase that captures how you most want to feel. (*Peaceful. Free. Radiant. Abundant. Brave.*)

Say it to yourself and allow the vibration to echo through your body.

Science backs you up:

When you connect emotionally to meaningful goals or intentions, you activate your brain's Reticular Activating System (RAS)—the inner radar that spots opportunities, synchronicities, and support aligned with your desires. When this area of your brain fires up, you feel more clear, focused, and positive.

Miracle insight:

Every year, I meet up with some of the biggest leaders in the transformational space, including Jack Canfield, Mary Morrissey, and Vishen Lakhiani along with our own Miracle Mentors, Dr. Sue Morter, Lisa Nichols, Mike Dooley and Lynne Twist. And every time our group gets together, I hear stories of how the most extraordinary transformations happen when people stop trying to “make things happen”—and instead align with what already lights them up.

When you tune into your true frequency, life responds.





3. Flip the Energy Switch

Reset your field in 5 minutes or less and move from default mode to miracle mode.

Energy is contagious—yours included.

When your field is clear, focused, and alive, the world responds differently to you.

And here's the secret: it doesn't take hours of meditation or massive effort to create powerful shifts.

It's the *small, consistent actions*—done daily—that flip the switch from autopilot into the Miracle Zone.

- ✿ Choose one of these simple practices to reset your energy each day:
 - Write down 3 things you're grateful for each morning
 - Pause at least once per day for 2 minutes of heart-focused breathing
 - Speak your guiding word or phrase out loud and feel it vibrate through you
- ✿ Keep it simple. Choose one. Commit for 7 days.

(Check off each day you complete your practice on a calendar—this is more powerful than you think!)

Science backs you up:

Studies show that even brief daily practices like gratitude journaling and mindful breathing can literally rewire your brain—boosting happiness, resilience, and creativity in as little as 7 days.

Miracle insight:

I've worked with people from all over the world for more than two decades and I can tell you that the ones who commit to a daily reset—even for just a few minutes—almost always report life shifting in ways they never could have predicted: surprise financial windfalls, creative breakthroughs, profound inner peace. The Universe doesn't need you to be perfect. It just needs you to show up.





4. Follow the Golden Breadcrumbs

Spot the signs, synchronicities, and unexpected support guiding you forward.

Miracles aren't reserved for grand finales. They're scattered like golden breadcrumbs along your path—waiting for you to notice.

A sudden insight.

A “chance” meeting.

A song lyric that feels like it was written just for you.

These aren't accidents.

They are invitations and signs guiding you forward.

When you train yourself to spot and acknowledge even the small miracles, you activate a deeper dialogue with life itself.

You stop walking alone—and you start walking in partnership with the Universe.

☀ Each evening, ask yourself:

- What synchronicity, small win, or unexpected good showed up for me today?
- Where did I feel supported or guided—even if just for a moment?

☀ Write down at least one piece of evidence of good that showed up for you—even if it seems tiny like...

A text message from a friend you were just thinking about. A parking spot that opened up like magic. A sudden moment of unexpected clarity.

Watch how quickly “just one” turns into two, and then three and the next thing you know, you're seeing them everywhere! It can be especially fun to read back through the list of breadcrumbs you jot down each night.

Science backs you up:

The “frequency illusion” (also called the Baader-Meinhof phenomenon) shows that when you start focusing on something, your brain naturally spots it more often—making miracles feel not just possible, but normal, natural and inevitable.

Miracle insight:

Our Your Year of Miracles members often share that this one simple habit changed everything for them. When you celebrate small miracles, you make yourself available for bigger ones. Miracles multiply where they are welcomed.





5. Stake Your Claim on a Miraculous Life

Declare your alignment and let the Universe know you mean it.

Energy responds to clarity.

When you speak your intention out loud, you're doing more than making a wish—you're drawing a line in the sand between the life you settle for and the life you choose.

Your voice carries power. It vibrates through your body, your field, and into the unseen forces around you.

When you declare, "I'm ready," the Universe listens.

✿ Stand or sit up with a straight spine and say this out loud (or write it down, feeling each word land inside you):

“*I choose to clear the static, tune into my true frequency, flip my energy switch daily, follow the golden breadcrumbs—and live in the Miracle Zone. I am ready to receive and truly live my miraculous life.*”

✿ Feel the shift inside you as you say it.

Ancient wisdom backs you up:

Across cultures and traditions, spoken declarations have long been used as portals for transformation—where intention crosses from invisible to tangible.

Miracle insight:

I've seen it year after year in my own life and in the lives of our members: when you're committed to change, making a bold, heartfelt declaration marks the turning point when everything begins to flow.

It's not about forcing life to happen. It's about stepping fully into alignment... and letting life rise up to meet you.

Your miraculous year is not behind you. It's right here, ready to unfold. Stake your claim.





Let's Recap Your Journey So Far

Take a moment to celebrate yourself. You're ready to put this into practice. By moving through these five powerful steps, you've done more than "check boxes" – you've realigned your energy, reignited your heart's desires, and sent a powerful signal to the Universe:

☀️ **I'm ready for miracles.**

Here's what you just activated:

✓ Cleared the Static

You released emotional noise and heavy baggage, creating space for new possibilities to flow in.

✓ Tuned Into Your True Frequency

You reconnected with the desires that truly light you up—not the ones the world or anyone else told you to chase.

✓ Flipped the Energy Switch

You committed to small, consistent practices that anchor you into miracle mode—moment by moment, day by day.

✓ Followed the Golden Breadcrumbs

You opened your eyes to the signs, synchronicities, and everyday miracles already guiding your path forward.

✓ Staked Your Claim on a Miraculous Life

You declared, with clarity and courage, that you are ready to live fully aligned with your highest possibilities. Yes!

Every small shift you've made here matters. Miracles are not far-off events; they are seeds you've planted—and they are already taking root.

Keep tending to them. Keep showing up. Keep trusting that life is conspiring on your behalf.

Because it is.

And this is just the beginning...

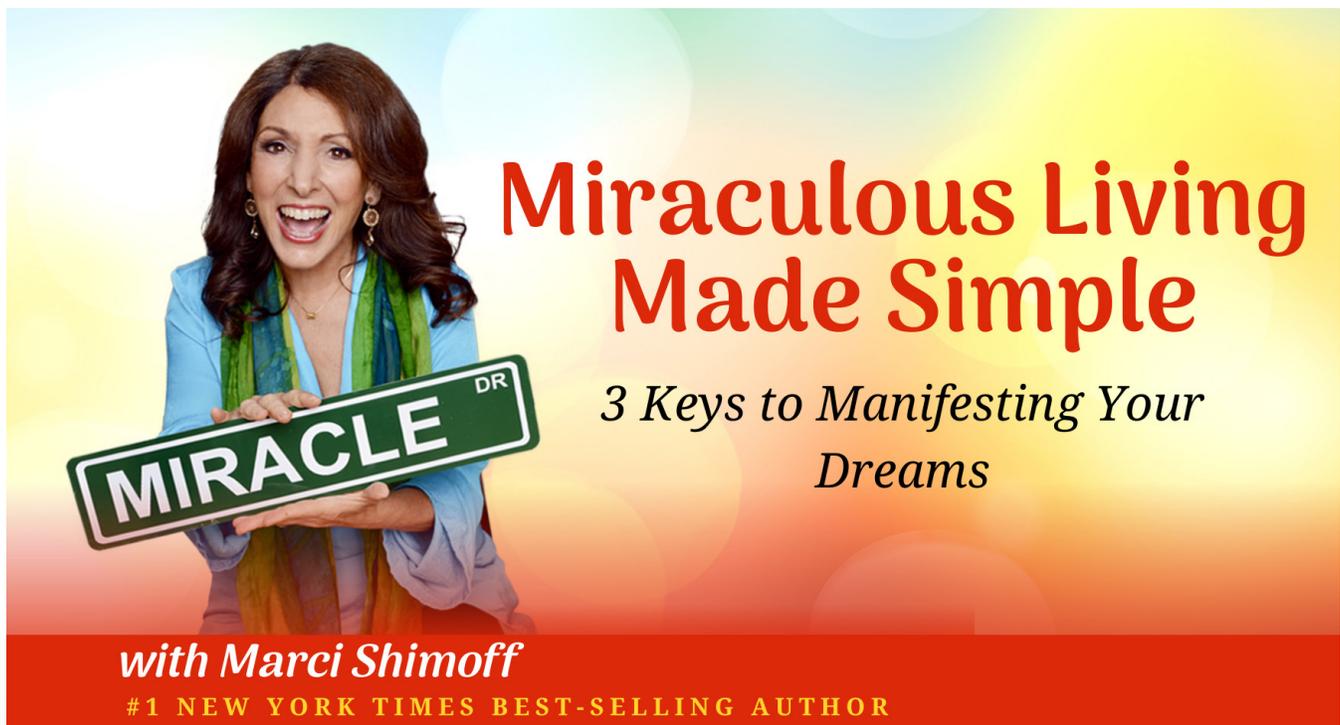


*Your Next Step — Join us for
a Free Miracles Training:*

You've just taken powerful steps to reset your energy and invite more miracles into your life.

Now, let's take it further.

Join me for a special free training:



**Miraculous Living
Made Simple**

*3 Keys to Manifesting Your
Dreams*

with Marci Shimoff
#1 NEW YORK TIMES BEST-SELLING AUTHOR

I'll walk you through the same powerful principles that have helped tens of thousands of people live in the Miracle Zone—and I'll show you how to apply them to your life, starting now.

[*Join me for this free miracles training here*](#)

With love and miracles,

Marci Shimoff