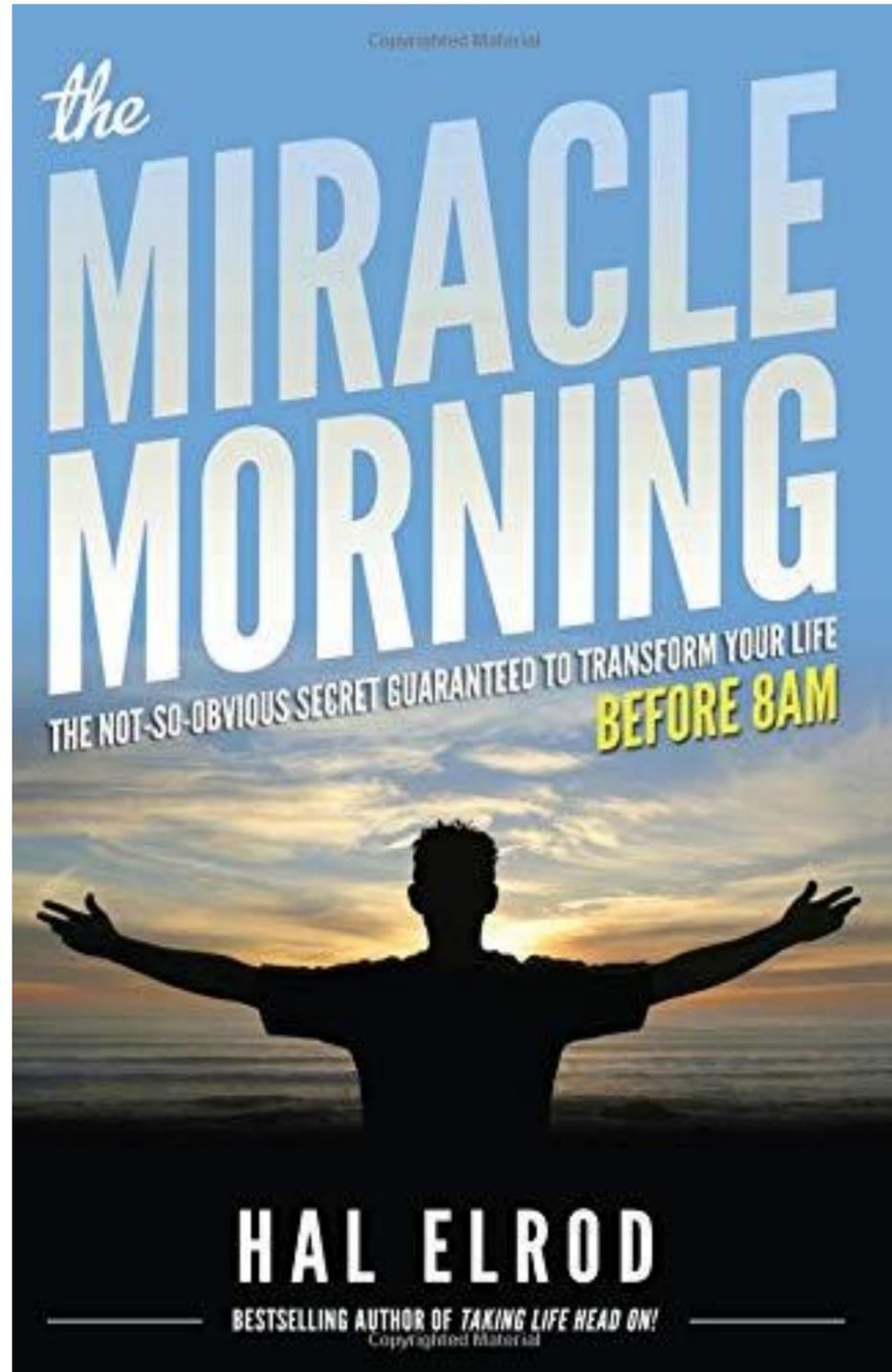


# The Miracle Morning by Hal Elrod

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The Not-So-Obvious  
Secret Guaranteed to  
Transform Your Life...

**BEFORE 8AM!**

“One of the saddest things in life is to wake up ONE DAY and look back in regret, knowing that you could have been, done, and had so much more.”



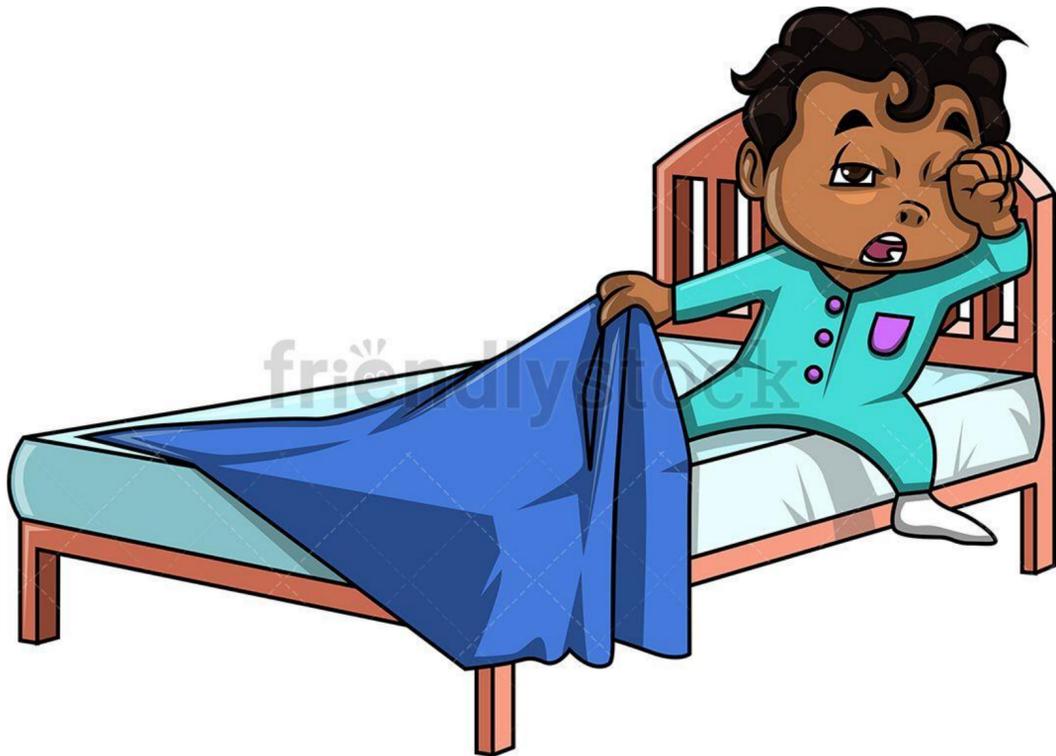
- How did you wake up this morning?
  - Was it a “Miracle Morning” or a “Mediocre Morning?”
  - “Snooze” is a form of procrastination
- Why did you wake up this morning?
  - Because you have to?
  - Because you want to?



**There are two kinds of people.**



- If you want to change something about your life, you have to do something different
  - Set your intentions before you go to bed
  - Put your alarm clock across the room
  - Brush your teeth
  - Drink a glass of water



# You're awake!

- How to win the day
  - 6 Activities to SAVE you from unfulfilled potential
    - S – Silence
    - A – Affirmations
    - V – Visualization
    - E – Exercise
    - R – Reading
    - S – Scribing



# SILENCE

- Meditation
- Breathing
- Prayer
  
- Whatever works best for you - the idea is to quiet your mind, block out the chatter, and start your day with calm thoughts



# AFFIRMATIONS

- What are your goals?
  - WHAT are you committed to?
  - WHY is it meaningful to you?
  - WHICH actions will ensure your success (get specific)?
  - WHEN will you act on those actions?



# VISUALIZATION

- Visualize your ideal outcome
- What are the activities to help you get that outcome?
- Envision yourself doing each thing, step-by-step
- What will it feel like when you succeed?



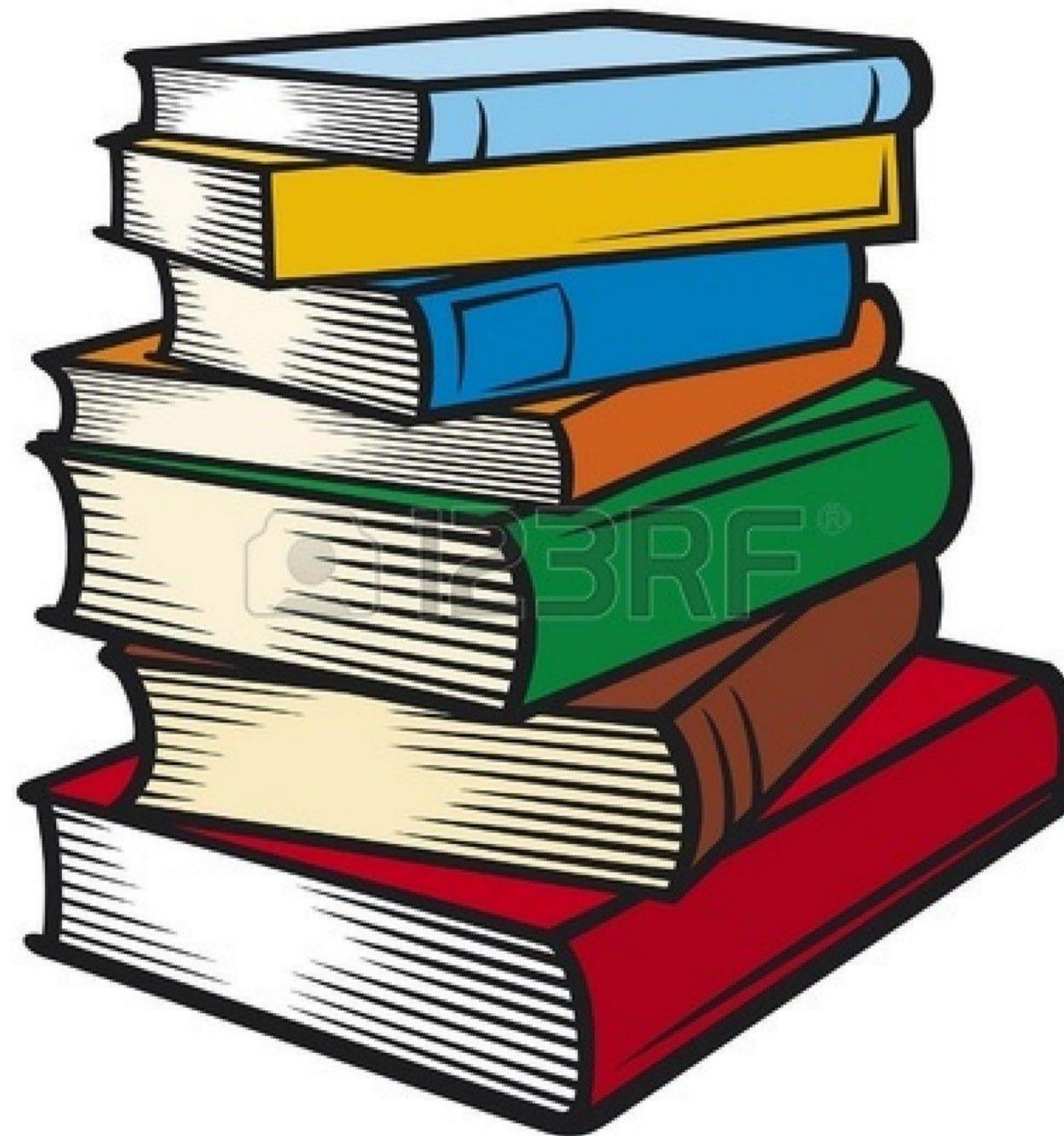
# EXERCISE

- Get your blood and oxygen flowing
- This does not have to be power-lifting or long-distance running (unless that works for you!)
- It can be ANYTHING
  - Ex: Stretching, Yoga, Jumping Jacks, Walk your dog, etc.



# READING

- Fill your brain with positive thoughts and ideas to improve yourself
- Read 10 pages a day
  - 3,650 pages per year
  - 18 x 200-page books per year
- Start with “The Miracle Morning!”



# SCRIBING

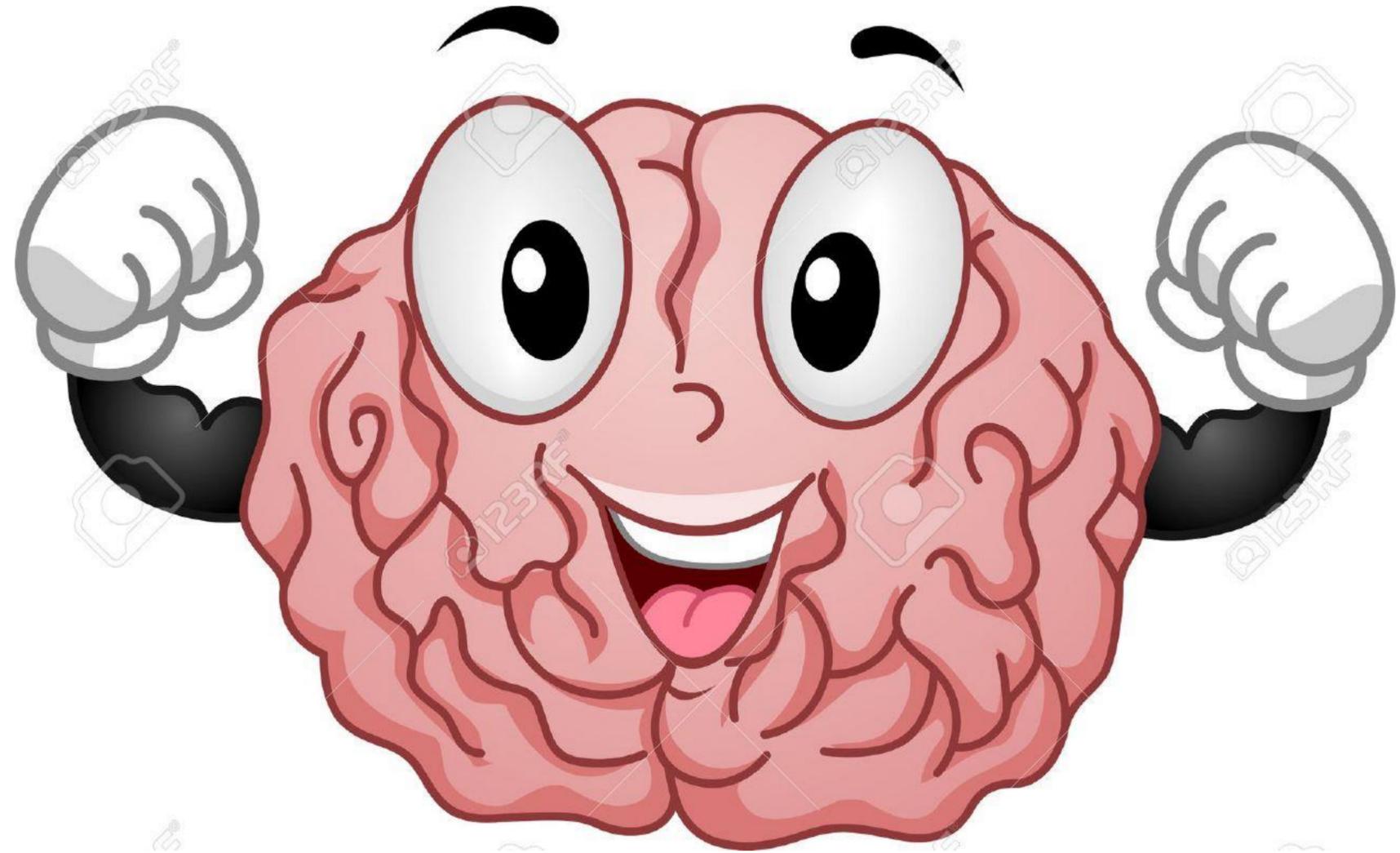
- Start a journal
- This is a great way to process your thoughts and reflect on your life
- Write down:
  - 1-3 things you are grateful for
  - 1-3 priorities of your day



# How to maintain positivity throughout your day

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- **Develop Emotional Invincibility**
  - 5-Minute Rule
  - “Can’t Change It”
  - Accept Life Before It Happens
  - Dedicate Time to Your Personal Development



# THANK YOU!

Drawing for a copy  
of “The Miracle  
Morning” and \$50  
Amazon Gift Card