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IN ADDITION TO ADDITIONAL BONUSES Free Morning Miracle Affirmations, including Hal Elrod's Personal Statements and the famous Time Affirmations to Go To Bed, which show how to allow awakening (especially early in the morning) easier than ever... Hal Elrod's Miracle of the Morning Superfood smoothie recipe to start your day with an abundance of healthy, natural and organic energy! (FREE SAMPLE) from Morning Miracle DIARY created by Hal Elrod to be the most effective diary you've ever used! The 30-day Life Transformation Challenge is a quick starter kit in 30 Days of Morning Miracle, with exercises, checklists, checklists, and everything else you need to start and complete the 30-day Morning Miracle Transformation Challenge in the easiest way... Sign up and have access to knowledge about the biggest business bestsellers I think it's past someone's time (read: me) to get out of my comfort zone and launch a new call on the blog. We already had the task of guided meditation, challenging the little daily joys, and now comes another one there! It's a Miracle of the Morning challenge. To create it, I was inspired by the book Miracle Morning, released in Brazil by BestSeller Publishing. The title has become fever here and is the third bestseller in the country in October, according to publishnews' partial ranking. In this post I will talk a little bit about the book, the story of author Hal Elrod and the details of the call. I start on Wednesday, 24/10/18, and I continue for the next 30 days. I'll leave an invitation for you to get into this too and see together where it's going! Who does it look like? About the book When I first got into the book, I looked at the cover with some suspicion. I found a name of sorts like this... Bogus?! Morning miracle? Hmm, it smells like cheap self-help! It turns out that the book became a bestseller in Brazil in May, June, July, August and September of this year, according to the monthly ranking publishnews. It's also been a while since I've seen the buzz around it on social media - reviews on Youtube, photos on Instagram, hashtags on Twitter... But what is the reason for success? I asked myself the same question and decided to buy it to find out. I bought, read and thought that the central idea is relevant (we'll talk about it later). But generally speaking, reading wasn't much on me, you know? I don't identify so much with the author and his posts. Things like you can have extraordinary success in all areas of life or anything possible when you are committed or a formula you have always wanted to achieve success right here!. I confess that I was lazy at times, and I felt that stop reading. I also thought the author promoted himself too much throughout the book and it moved me a bit. Examples: The first eight pages are testimonials from supporters of the Miracle Morning Method. And the last page has the title Hire Hal to read a lecture and more reviews from those who attended the lectures of the author. Too much, I thought. I've read a few reviews in this regard on Amazon. Pooooooooo the other side, the Morning Miracle method, presented by the author, made a lot of sense in my head. I'm going to tell you now what it is! As the method came with Hal Elrod's Miracle Morning lecture at an Amazon event it all started in 2009 when the U.S. economy was in a severe recession. Suffering from the consequences, the author of the book has experienced its worst phase. He was in debt, his rent plummeted, and the business went bankrupt. He felt devastated mentally, physically, emotionally and financially. In an attempt to improve, Hal Elrod took a different attitude this morning: he woke up earlier than usual, and went out to run to clear his head. During the race, he listened on the headset of personal development audio that read: Your level of success rarely exceeds your level of personal development, because success is that you attract the person you become. From this quote, the author began to understand that he needed to put personal development at the top of his own. Despite not being a morning man, he decided to wake up early every day and dedicate the first hour of the day to six simple but powerful activities. Since then, things began to change quickly and deeply in his life. When performing personal development activities in the morning, I would not have excuses that accumulated during the day (I'm tired, I have no time, etc.). If I had done them in the morning, for the rest of my life, and my work got on track, I could make sure it happened every day. (Hal Elrod) For author Hal Elrod, this is the easiest and most effective method to improve any area of our lives. A simple but revolutionary process. It's a wonderful journey. Definitions aside, how does this work in practice? So the offer is very simple (or not, right! RS): Wake up earlier than usual every day (30 to 60 minutes before) and devote the first hour of

the day to improving yourself. But how? The practice of six daily activities focused on personal development. These little rules are called the author of the book Saviors of the Life of the Miracle of the Morning. See in the infographic what it is: in the short term, the author began to feel energy, motivation, clarity and concentration after you have included six activities in your routine. Over time, more results: better quality of life, higher income, more discipline, less stress and even weight loss. Today he is an entrepreneur, ultramarathon runner, author of books and international speaker. Click here to learn more about the history of overcoming Hal Elrod, who faced cancer treatment in 2016 and a serious car accident in 1999. How will the task work? For the next 30 days, I'll wake up an hour early at 6 a.m. At first hour of the day, I will participate in six events offered in the book Miracle of the Morning. These are: silence, affirmations, visualizations, exercise, reading and writing. I don't know if I'll follow that order, probably not. Now I've just determined that I'll practice one in the other sequence, spending about 10 minutes each (it's just average!). In the part of silence I intend to meditate or pray. During the speeches, the idea is to repeat this personal statement here that I created myself. Anyone who wants ideas to create yours can take a look at this file here that brings together the author's personal statements. During exercise, the idea is to take basic stretching classes on Youtube or in some kind of mobile app. You have options taaaaaaantas now, don't you? I've never used any fitness apps, but I plan to check some out during the call. I mean, starting with that I discovered on Google Play. If you, on the other hand, have any instructions, leave it to me in the comments!? #agradecida already in reading part of the plan is to continue reading the Harvard way to be happy, which I started recently. Finally, I intend to miss the writing point because I already work writing and has a good size! Hahaha... Joke! I will use this time for therapeutic writing or write tasks of my time or write the most important parts of the book. Ahhhhhh, guys, wait! Missed scan preview! There is too! The idea here is to try to visualize a good, quiet and productive day and all I wish for my life at that moment. Will I be able to handle it? via GIPHY It may seem like the world to do for one call, right? Maybe you're reading this post and thinking: Spare me Marcela, I've done too much. I understand you, as I understand it! But you know what I think? In practice, it will not be so much. Some activities are very simple and quick, such as affirmations and visualizations. I think the hardest thing, personally speaking, is to get up an hour early and get out of bed. RS Anyway, I look forward to the possibility of eliminating some activity, it gets too heavy. There are people, for example, that uses 100% of the time only for reading. Others prefer to just meditate and practice yoga on Youtube. Others take the opportunity to take an online personal development course... Anyway, everyone can set up a call according to their goals and their routine. It can't be something sacrificial, heavy, obligatory. It cannot generate frustration, anxiety and overload. And, of course, it doesn't work for everyone. If you go to work too early, you probably won't be able to wake up an hour early for a call. Who doesn't have insomnia, either. I wake up in the middle of the night every now and then and have trouble sleeping again. If this happens in the next few weeks, I don't know what it will be like! RS Will there be a call on the weekends? via GIPHY At the weekend No. I don't even know if I can handle this task during the week, let's do it on Saturdays and Sundays! This may seem like a lack of willpower on my part, but I'm actually trying to be realistic and take it easy. Not to mention the fact that I like to sleep late on weekends and I don't want to give it up! I don't even think you should be told the truth. If I call myself five days a week, I'm happy. I'm serious, really. What about days without time and haste? In these cases, the author of the book recommends spending only six minutes on the call, that is, one minute for each class. I confess that I found this idea very surreal, you saw ... What does a minute of exercise or meditation mean? Too little! Affirmations and visualizations are all right, but everything else? I don't know if it works. I think that on the busiest days, I prefer to focus on one event. Another alternative is to reschedule the call for lunch if it is quieter. Anyway, there's no point staying here, planning everything in the smallest detail, right? The point is to start and see how things will work in practice. Tips for those who will take the challenge in the book Miracle of the Morning, the author offers strategies for all addicts in repeat mode. For me the most interesting thing is to set the alarm as far away from the bed as possible, so I will have to get up to turn it off. My only fear is getting too angry and lying down again! Hahaha... Another strategy is to establish intentions before going to bed. Instead of going to bed and thinking: Putz, tomorrow I'll be early again!!!!, idea is to try to create positive expectations about the next morning. To help with this, the author made available four download statements on the Brazil's Miracle Morning website. I don't identify with anyone, but I chose one of them as an example: I'm going to wake up tomorrow in Kew in the morning, because in doing so, I greatly increase the likelihood of achieving my goals on this this month, this year and for the rest of my life. I intend to wake up in First of all, because if I do, it will allow me to develop the discipline I need to succeed. And then I know that the way I start every day determines how I build my life, because my day is my life. I can't accept anything less than the best of myself. Animated summary For those interested in the book, I'll leave here a little to summarize the excited with the main ideas of the author. That's a nine-minute video.    Miracle Morning's app 12 Minutes Another tip for those who want to deepen is access to an abbreviated version of the book in the app for 12 minutes. You can choose between audio or text format, as in Portuguese. I have already explained in this post here how the app works and how you can experience it for free for 3 days. Then use the free trial to read The Miracle of the Morning and learn a little more of the author's post.    Meet also: #5am club don't know if you've heard of #5amclub. It is a worldwide movement that also advocates the creation of a well-defined morning routine. It's been a long time since this idea came along, but it seems to have become fashionable here in Brazil for a few years here. I mean, it's only time since I've heard about it on social media... In short, fans #5amclub habit of waking up daily at 5am. They use the first hour of the day, the so-called Holy Hour, to take care of their body, mind, and productivity. Everyone determines how he will do it, but Robin Sharma, creator of #5amclub, offers a 20/20/20/20 scheme. Thus: 20 minutes of exercise; 20 minutes of day planning and its goals; 20 minutes of reading or learning something new. The offer is so successful on the Internet that it eventually becomes a book. Club 5am: Own a Morning To Raise Your Life, written by Robin Charma, will be released in December 2018 in English. To learn more about this idea, I suggest reading this article here. And for you who identified with this post by reinforcing the invitation: Let's start together the Challenge of Miracle Morning? Who does it look like? I'll start tomorrow (10/24) and go sharing my experiences here on the blog and blog profile Be Light on Instagram. You'll see! RS Want more problems like this? Get to know the practical guide to easy life Do you like the idea of doing tasks to create new habits? Habits that will help you devote more time and attention to your mental/emotional health and self-discovery process? Habits that bring more lightness, balance and simplicity to your daily life and help reduce anxiety, stress, stress? If this idea makes sense to you, I want you to know the practical guide to an easy life that brings together everything step by step for you to put 7 problems into practice and take care of your mind every day. In addition a number of tips and guidelines, taking into account what worked and didn't work for me when I experienced every challenge. If you want to form healthy habits for the mind, here's your starting point! To buy an e-book, just click on the link below: → Want to Buy a Practical Guide to Easy Life kkstarratings (kkstarratings) o milagre da manha pdf portgues

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