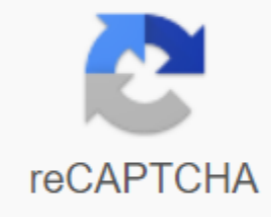




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Miracle morning by hal elrod pdf

Remember that the moment you take total responsibility for everything in your life, the moment you claim power to change something in your life. Rating: 7/10 Related: Atomic Habits Read more on Amazon Get the full index of lessons here The Miracle Morning Summary The Miracle Morning by Hal Elrod is a 6-step morning routine using what's called Life S.A.V.E.R.S.: silence, confirmations, visualization, training, reading and scribble. A good book to pick up if you want to upgrade mornings. Management Summary How you wake up every day and your morning routine (or lack thereof) dramatically affects your level of success in every area of your life. Miracle Morning Life S.A.V.E.R.S.: Silence. Start each morning with a period of targeted silence of at least 5 minutes After a few minutes. Program yourself to be safe and successful in everything you do Visualization. Imagine what you want to achieve and mentally practice what you need to do to achieve it Exercise. Reading. Learn from experts and model successful people who have already achieved what you want Skribble. Writing makes it possible to document your insights as well as all areas of opportunity How to make your confirmations: What you really want Why you want it Who you are obliged to be creating what What you are obliged to do to achieve it Add inspiring quotes and philosophies How to visualize: Get ready Visualize what you really want Visual who you need to be and what you need to read: Start with the end of your mindline, circle, mark and take notes in the margins of books Rele's excellent personal development books Effective journaling: Choose a format Get a journal Decide what to write How to wake up to your full potential To create the levels of personal, professional and financial success you want, you must first devote time each day to be the person you need to be, one that is qualified and able to consistently attract, create and maintain the levels of success you want. How you wake up every day and your morning routine (or lack thereof) dramatically affects your levels of success in every area of your life. Miracle Morning is about recreating the experience of waking up and feeling energetic and excited, and doing it every day of your life — for the rest of your life. The 5-step Snooze-Proof Wake Up Strategy sets your intentions before bedtime. Create real excitement for the next morning every night before bedtime Vve the alarm clock across the room. This forces you to get out of bed and engage your body in motion. Movement creates energy, so when you get up and out of bed, it naturally helps you wake up Brush your teeth. Go directly to the sink in the bathroom to brush your teeth and splash some hot (or cold) water on your face to a full glass of water. Hydrate yourself first every morning. Fill a glass water the night before, so it is already there for you in the morning Get dressed or jump in the shower. Either dress in your workout clothes so you're ready to leave the bedroom and instantly participate in Miracle Morning, or jump in the shower Miracle Morning Bonus Wake Up Tips Set a timer for your bedroom light. When the alarm goes off, the lights in the room light up. Or turn on the light when the alarm goes off. Set a timer for the heater in the bedroom. Keep a bedroom heater on a appliance timer set to go off 15 minutes before waking up so you won't be tempted to crawl back under the covers to avoid the cold The Life S.A.V.E.R.S.: Six Guaranteed To Save You From a Life of Unfulfilled Potential Life S.A.V.E.R.S. S. S. S. S for Silence Start morning with a period of purpose of silence of least 5 minutes. Activities to choose from and practice in the period of silence: Meditation Prayer Reflection Deep Breathing Gratitude Do not stay in bed for this, and preferably leave the bedroom altogether. Miracle Morning Meditation: Prepare your mindset and set your expectations. Release your stresses and be completely present at this moment Find a quiet, comfortable place to sit. Sit right on the couch, on a chair, on the floor, or sit on a pillow, for extra comfort Sit upright, cross-legged. Close your eyes or can look down on the ground Begin by focusing on your breath, taking slow, deep breaths. Enter through the nose, out through the mouth, and be sure to breathe into the stomach, instead of the chest Now, begin pacing breathing; in slowly on a count of 3 seconds, hold it for 3 seconds, and then exhale slowly on a count of 3 seconds Which you try to set your mind, thoughts will still come in to pay a visit. Just acknowledge them, so let them go, always return focus to your breath If you have a constant influx of thoughts, it's useful to focus on a single word or a sentence and repeat it over and over again to yourself, as you inhale and exhale life S.A.V.E.R.S. A is for confirmations Use confirmations to start programming yourself to be safe and successful in everything you do. With enough repetition, your subconscious mind will begin to believe what you are telling it, act on it, and eventually manifest it in your reality. How to make your confirmations: What you really want. Start by clarifying, writing, what you really want — your ideal vision for yourself and your life — in each area Why you want it. Being crystal clear at your deepest why will give you an unstoppable purpose. Who you are obliged to be creating it. Get clear on who you need to be, are obliged to be, to take your life, business, health, marriage, etc. to the next level and beyond What you are obliged to do to achieve it. Specify the actions you need to take on a consistent basis to make you for your ideal life. Include frequency (how often), number (how many), and exact timeframes (which times you begin and end your activities). Start small and take manageable steps Add inspiring quotes and philosophies How to upgrade your confirmations: Tap into your feelings as you read them Incorporize targeted physiology, such as recitationing your confirmations while standing tall, taking deep breaths, making a fist or exercising Kepe updating your confirmations. As you continue to learn, grow, and evolve, so should your confirmations. Please comply with reading your daily confirmations Read positive self-improvement books and articles to program your thoughts with thoughts and beliefs that will support you in creating success Life S.A.V.E.R.S. V is for visualization visualization is the process of imagining exactly what you want to achieve or achieve, and then mentally practicing what you need to do to achieve or achieve it. Right after reading your confirmations — where you took the time to articulate and focus on your goals and who you need to be to take your life to the next level — the best time to visualize yourself living in accordance with your confirmations is the best time to visualize yourself. Start with just five minutes of visualization. 3 easy steps for Miracle Morning Visualization: Get ready. Sit high up in a comfortable position. Take a deep breath. Close your eyes, prepare your thoughts, and get ready to visualize visualize what you really want. See yourself achieve what you have decided to achieve and how well it will feel to have followed through and achieved your goals Visualize who you need to be and what you need to do. See yourself engaged in the positive actions you have to do every day and make sure you see yourself enjoying the process Life S.A.V.E.R.S. E's for Exercise Morning training should be a staple in your daily rituals. When you exercise for even a few minutes each morning, it significantly increases your energy, improves your health, improves self-esteem and emotional well-being, and allows you to think better and concentrate longer. Life S.A.V.E.R.S. R is for Reading Reading is one of the most immediate methods to acquire the knowledge, ideas and strategies you need to achieve level 10 success in all areas of your life. The key is to learn from the experts — those who have already done what you want to do. The fastest way to achieve everything you want is to model successful people who have already achieved it. Commit to reading at least 10 pages per day. How to read: Start with the end in mind. Ask yourself why you're reading this book — what will you earn from it — and keep this result in mind You can use reading time to catch up on religious texts Underline, circle, highlight, and take notes in the margins of books Read good personal development books. My articles on reading: Life S.A.V.E.R.S. S is too Scribing = Writing makes it possible to document insights, ideas, breakthroughs, realizations, successes and experiences, as well as all areas of opportunity, personal growth or improvement. Efficient logging: Select a format. Decide in advance if you want to go with a traditional, physically lined journal or go digital, such as an electronic journal Get a journal. Get a nice and durable diary that you like to watch decide What to write. can write about your goals, dreams, plans, family, commitments, experiences and everything else you feel you need to focus on in your life The 6-minute miracle (For the busy people) Sit still in targeted silence Read your confirmations high from top to bottom View what it will look like when you reach your goals Wout some of the things you are grateful for, what you are proud of, and the results you are obliged to create for that day Read a self-help book in 1 minute Move your body How to form habits that will transform your life (In 30 days) Divide the 30-day time frame necessary to implement a positive new habit (or get rid of an old, negative habit) into three 10-day phases. [Days 1-10] Phase 1: Unbearable The first 10 days of implementing a new habit, or getting rid of an old habit, can feel almost unbearable. But this seemingly unbearable first 10 days is only temporary. It just gets easier from here, and the reward is the ability to create everything you want for your life. [Days 11-20] Phase two: Uncomfortable The second 10-day phase is significantly easier, but requires continued discipline and commitment on your part. At this stage, it will still be tempting to fall back into your old behavior. Stay committed. [Days 21-30] Phase three: Unstoppable The third 10-day phase is essential to maintaining your new habit in the long term. The last 10 days are where you positively amplify and associate pleasure with your new habit. Phase three is also where the actual transformation occurs, as your new habit becomes part of your identity. It transcends the gap between something you try and who you become. You start to see yourself as someone who lives the habit. Then you should definitely join the weekly newsletter! I share the most interesting things I read during the week, new lessons and articles, as well as other fun things I find. 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