

Welcome!

You made it, I will be with you shortly!

The Miracle Morning

And How You Can Use This On Yourself & Your
Clients To Create New Habits & Achieve More Goals

Not My Idea ...

My interpretation of someone else's idea ... I'll share the original in a moment ... but stay focused here for now!

First Thought ...

When you think of personal development, self-improvement, goal setting, success, achievement etc ...

Think about the typical “exercises” or personal growth “tools” that are associated with this ...

The kind of things you read about in a personal development type book ... and never do (consistently)!

Examples

Gratitude
Be Present
Meditate
Mindful
Incantations
Affirmations
Repetition
Read
Exercise
Yoga
Goal Setting
Priming Your State
Believing In it
Positive
Love

Let me introduce Hal Elrod (don't look him up yet!)



On the left he is technically dead (for 6 minutes) following a car crash ...



On the right ... some time later ...
he is a best-selling author, top speaker ... and runs ultra marathons!

Like many people who survive near death or traumatic experiences ...

... as he recovered, his life priorities changed dramatically.

**He became interested in personal
development ... for himself and
others ...**

**... but wanted the shortcut fast
route ...**

“I knew that most successful high-achievers have some kind of morning routine, that helped create their success ...

... so I wanted to find the ONE THING that was common to everyone ... so I could just do that”.

Hal Elrod

Unfortunately ...

**... after studying, researching and
interviewing hundreds of high-achieving
individuals ...**

**... he couldn't find ONE thing that they all
did ...**

Instead...

**...he found SIX THINGS that came up
again and again...**

**And so decided to create a routine
that incorporated ALL of them ...**

He called it ...

“The Miracle Morning”

**(I have been using this on myself and with clients for
several months with great results ...)**

“The Miracle Morning”

Key Elements

- Meditation

“The Miracle Morning”

Key Elements

- Meditation
- Personal Affirmations/Mantras

“The Miracle Morning”

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- Goals Visualisation

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- Journal/Writing

**The key is to do this first thing - before anything else -
hence
“Miracle Morning”,
(not Miracle Elevenses or Miracle Afternoon Tea”)**

Though of course there are no real rules only guidelines

There is something incredibly powerful or transformational starting your day in this way ...

... so that whatever happens later ...

... you have already done all these things (that perhaps you normally feel you should or could be doing!)

“The Miracle Morning”

Example

- Meditation (5 minutes)
- Personal Affirmations/Mantras (5 minutes)
- Goals Visualisation (5 minutes)
- Exercise/Movement (5 Minutes)
- Positive Reading (5 Minutes)
- Journal/Writing (5 minutes)

You only have to get up 30 minutes earlier than usual ...
and achieve all this before breakfast!)

How To Get Up Earlier & What To Do

“But I’m not a morning person”

How To Get Up Earlier & What To Do

- Put alarm clock away from your bed! (so you have to get up and can't hit snooze)

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- Hydrate - warm water? Warm water & lemon juice?
- Make yourself comfortable ready to do some kind of Meditation to start it off.

“The Miracle Morning”

Key Elements - More Detail

Meditation

- Mindfulness
- Follow Your Breathing
- Sound - Ommmmm etc
- Chanting etc

Just DON”T sit or lie there thinking about things, as if you are still laid in bed!

“The Miracle Morning”

Key Elements - More Detail

Personal Affirmations/Mantras

- Make them about YOU
- Speak or read them ALOUD
- Make sure they feel GOOD when you say them
- Change or improvise as feels right

Mine are based on being “Happy, Healthy, Wealthy & Wise”

“The Miracle Morning”

Key Elements - More Detail

Goals Visualisation

- Ideally focus on ONE key goal
- Have clear, measurable outcome
- Include WHY you want that.
- Include HOW you are achieving it.
- Can also include when it will be done by
- Can speak aloud or use vision board, etc.
- Can also include an action you are taking that day to help get there.

“The Miracle Morning”

Key Elements - More Detail

Exercise/Movement

- Vary it each day
- Can be 5 x 1 minutes workout
- Can be yoga
- Can be stretching
- Can be HIIT (High Intensity Interval Training)
- Can be something gentle.
- Can be anything ... just something where you get your body moving ...

“The Miracle Morning”

Key Elements - More Detail

Positive Reading

- Something uplifting
- Or learning
- Must be aligned with your goals
- Something that will ADD to the productivity or positivity of your day or equivalent.

“The Miracle Morning”

Key Elements - More Detail

Writing/Journal

- 5 minutes of “Thank You” (Gratitude)
- Expressing thoughts and feelings
- Statements of Intent
- Write out a passage from somewhere else that you like.
- Just something so that you are writing something meaningful.

“The Miracle Morning”

Key Elements - More Detail

Go get breakfast, get dressed, get on with
your day!

“The Miracle Morning”

Do this yourself for 30 days as best you can ...
so that when you recommend some or all of it to
a client, you know exactly what it is like to do
this and go through this.

“The Miracle Morning”

Examples where I have used this with clients recently:

Weight Loss
Alcoholism
Health Issue
Sports Achievement

I work out the mantras and affirmations and goals with the clients and help them structure their own version of the routine.

Could be 5-10 mins for one person - or 1 hour for some one else.

“The Miracle Morning”

Any Questions?

