Welcome to The 5 AM Miracle!  
July 1, 2013

Introduction

• Welcome to The 5 am Miracle - Episode #000

[Intro Song]

• Good morning and welcome to The 5 AM Miracle Podcast.
• I am your host, Jeff Sanders, and this is THE podcast dedicated to dominating your day before breakfast.
• Every Monday morning my goal is to help you bounce out of bed with enthusiasm, create powerful lifelong habits, and tackle your grandest goals with extraordinary energy.
• Here on The 5 AM Miracle Podcast we discuss early mornings, and we dive deep into topics like healthy habits, personal development, and rockin’ productivity!

• On this introductory episode I will discuss a few of the highlights of this podcast, give you a preview of what to expect, and let you know how to approach
listening to the hundreds of episodes I have recorded since the launch on July 1st of 2013.

[Fade Music Up and Out]

• I am recording this episode 3 years after the launch.
• Why?
• Because I want to give you the best introduction to this show that I possibly can.

• Highlights
  ○ Exceeded 2 million downloads!
  ○ Ranked #1 in iTunes in the Self-Help and Business categories
  ○ Nominated for 2 different 2015 podcast awards
  ○ Ranked #2 in Inc. Magazine’s Top 10 Productivity Podcasts for 2016
  ○ Over 180 episodes published since the launch in 2013

• Summarize the Podcast
  ○ As I discussed in the introduction, this podcast will discuss early mornings, healthy habits, personal development, rockin’ productivity, and so much more!

• How should the listener approach listening to 180+
episodes?
○ Start from the beginning and go!
○ Or, pick a few topics that interest you and dive in a little deeper.
○ There are categories on my website at JeffSanders.com/bestof

[Fade In Music]

• Well, that's it for this episode of The 5 AM Miracle Podcast.

• Until next time remember, you have the power to change your life, and the fun begins bright and early.

[Fade Music Up and Out]