

Miracle Morning

WEEKLY TRACKER

WEEK:

m

MEDITATION

M T W T F S S

a

AFFIRMATIONS

e

EXERCISE

v

VISUALIZATION

g

GRATITUDE

MY WHY

I AM GRATEFUL FOR

NOTES

Miracle Morning Journal

B. B. P. Publishing



Miracle Morning Journal:

Miracle Morning Journal Greg Wittle, 2021-05-30 Thanks to Hal Elrod's world wide sensation *The Miracle Morning* we now see just how important gratitude for health and well can be in our lives This by extension can transform the world we live in if we can do our part to practice the principles in that book This *Miracle Morning* journal is a fitting companion to the book and can help guide you towards peace and happiness When you start taking stock and tracking the Life S A V E R S each morning every single day then you will have a better chance to take control of your life So take this chance to improve your miracle morning practice the best you can Learn to quiet your mind and lower stress with some peace and quiet time You can create affirmations that you can work on daily within the journal and practice them every morning Visualization can be something powerful too when applied right This helps your brain to focus on your goals so you can achieve the desired outcome Of course not forgetting daily morning exercise to help keep your mind sharp and alert Also you need to keep track of your daily reading habits with the help of this journal You'll also Take charge of your personal growth and improving your leadership skills Manage your energy physical mental and emotional You can keep improving by applying these new skills to your work your social life your health and even your hobbies So go on and get the *Miracle Morning Journal* and add it to your arsenal for improving your *Miracle Morning Practice* and grow in all areas of your life **The Miracle Morning Journal** hamza ak, 2021-01-26 *Miracle Morning Routine JOURNAL* Thanks to Hal Elrod and his best selling book *The Miracle Morning* mornings and lives around the world have been transformed forever In the book Hal goes into his findings from studying the most successful people's morning routines He takes note of six different activities many of them do and calls them SAVERS Many successful people practice at least four of six of these activities but rarely do all six So what happens if you do all six That's for you to find out Drink a glass of cold water then Silence Meditation Affirmation Visualizations Exercise Reading Scribing *The Miracle Morning Routine Journal* *The Miracle Morning Routine Journal* *Miracle Journals*, 2020-10-12 *The Miracle Morning Routine* 1 Silence Meditation 10 Minutes The first thing to do is meditate for 10 minutes This can be silent meditation or guided meditation There are a number of documented benefits to meditation but doing this will give you added calm focus and concentration throughout the day There are also many phone Apps that can help you get started so don't wait 2 Journaling Part 1 5 Minutes This is made up of two parts Write down three things that you are grateful for today and 3 goals for the day These don't have to be big elaborate things They can be small and simple Also keep the goals just to the day 3 Affirmations or Prayer 5 Minutes Affirmations are positive statements that can help you to challenge and overcome self sabotaging and negative thoughts When you repeat them often and believe in them you can start to make positive changes They are an extremely powerful way to rewire how your brain thinks thus changing how you feel and your external physical world Choose an affirmation that is right for you and practice it for 5 minutes in silence My favorite affirmation is I can be what I will do be 4 Visualizations 5 Minutes Visualizations are similar to meditating The difference In meditation you do your

best to think about nothing except your breathing In visualization you envision yourself accomplishing your goals The goal here is to visualize yourself doing and living your affirmation

5 Scribing Journaling Part 2 15 30 Minutes Now that the mind is focused take the next 15 30 minutes to write freely This can be free writing about random things or structure writing it doesn't matter Sometimes it is simply helpful to empty out your thoughts on paper so that you have room during the day to learn and retain new things It can be a way of house cleaning

6 Reading 15 30 Minutes Reading is extremely important for all people It is a way we feed our brain what it needs to be happy It is known that some of the most famous and successful people in the world ie Bill Gates Warrant Buffet and more spend about 80% of their working days reading and learning new information However that might be overkill for most people just 15 30 minutes every day will make significant difference

7 Exercising 10 30 minutes Maybe this means going for a morning run before the sun wakes you or doing some yoga It doesn't have to be anything rigorous but some kind of activity is good

The Miracle Morning Routine Daily Journal (aka. 7-Step Morning Routine) Miracle Journales,2020-10-15 A Guided Journal for Morning Routines Thanks to Hal Elrod and his best selling book The Miracle Morning mornings and lives around the world have been transformed forever In the book Hal goes into his findings from studying the most successful people's morning routines He takes note of six different activities many of them do and calls them SAVERS Many successful people practice at least four of six of these activities but rarely do all six So what happens if you do all six That's for you to find out The Miracle Morning Routine Journal

1 Silence Meditation 10 Minutes The first thing to do is meditate for 10 minutes This can be silent meditation or guided meditation There are a number of documented benefits to meditation but doing this will give you added calm focus and concentration throughout the day There are also many phone Apps that can help you get started so don't wait

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The Miracle Morning Routine Daily Journal (aka. 7-Step Morning Routine) Miracle Journals,2020-12-30 A Guided Journal for Morning Routines Thanks to Hal Elrod and his best selling book The Miracle Morning mornings and lives around the world have been transformed forever In the book Hal goes into his findings from studying the most successful people s morning routines He takes note of six different activities many of them do and calls them SAVERS Many successful people practice at least four of six of these activities but rarely do all six So what happens if you do all six activities 1 That s for you to find out The Miracle Morning Routine Journal contains seven steps and will help you stay on track 1 Silence Meditation 10 Minutes The first thing to do is meditate for 10 minutes This can be silent meditation or guided meditation There are a number of documented benefits to meditation but doing this will give you added calm focus and concentration throughout the day There are also many phone Apps that can help you get started so don t wait 2 Journaling Part 1 5 Minutes This is made up of two parts Write down three things that you are grateful for today and 3 goals for the day These don t have to be big elaborate things They can be small and simple Also keep the goals just to the day 3 Affirmations or Prayer 5 Minutes Affirmations are positive statements that can help you to challenge and overcome self sabotaging and negative thoughts When you repeat them often and believe in them you can start to make positive changes They are an extremely powerful way to rewire how your brain thinks thus changing how you feel and your external physical world Choose an affirmation that is right for you and practice it for 5 minutes in silence My favorite affirmation is I can be what I will do be 4 Visualizations 5 Minutes Visualizations are similar to meditating The difference In meditation you do your best to think about nothing except your breathing In visualization you envision yourself accomplishing your goals The goal here is to visualize yourself doing and living your affirmation 5 Scribing Journaling Part 2 15 30 Minutes Now that the mind is focused take the next 15 30 minutes to write freely This can be free writing about random things or structure writing it doesn t matter Sometimes it is simply helpful to empty out your thoughts on paper so that you have room during the day to learn and retain new things It can be a way of house cleaning 6 Reading 15 30 Minutes Reading is extremely important for all people It is a way we feed our brain what it needs to be happy It is known that some of the most famous and successful people in the world ie Bill Gates Warren Buffet and more spend about 80% of their working days reading and learning new information However that might be overkill for most people just 15 30 minutes every day will make a significant difference 7 Exercising 10 30 minutes Maybe this means going for a morning run before the sun wakes you or doing some yoga It doesn t have to be anything rigorous but some kind of activity is good

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The Miracle Morning Hour Lucas Nathan,2021-11-18 Stay less busy become more productive This miracle morning routine journal contains the 6 daily steps taught by Hal Elrod s Miracle Morning You have four full size pages to record your six step morning routine each day First morning routine Stillness stay alone with yourself without feeling lonely and record any observations you make Second morning routine Craft and Record your daily affirmations that resonates with you Third morning routine Make comprehensive note of what you visualize Fourth morning routine Write down how you moved your body Fifth morning routine Keep track of what you re

reading Sixth morning routine Elevate and Transform your life with the consistent Journal space provided by this notebook to help you focus on the awesome future in front of you Details 160 pages 8 5 x 11 inches Space to include authors name and book title in the fifth morning routine Template to craft an Affirmation that produce results click on the orange button to get a copy [The Miracle Morning Routine Daily Journal \(aka. 7-Step Morning Routine\)](#) Miracle Journals,2021-03-29 A Guided Journal for Morning Routines Thanks to Hal Elrod and his best selling book The Miracle Morning mornings and lives around the world have been transformed forever In the book Hal goes into his findings from studying the most successful people s morning routines He takes note of six different activities many of them do and calls them SAVERS Whether you are a Real Estate Broker Marketer Entrepreneur Teacher Salesperson or a parent with kids this journal will transform your life Many successful people practice at least four of six of these activities but rarely do all six So what happens if you do all six activities 1 That s for you to find out The Miracle Morning Routine Journal contains 7 steps 1 Silence Meditation 10 Minutes The first thing to do is meditate for 10 minutes This can be silent meditation or guided meditation There are a number of documented benefits to meditation but doing this will give you added calm focus and concentration throughout the day There are also many phone Apps that can help you get started so don t wait 2 Journaling Part 1 5 Minutes This is made up of two parts Write down three things that you are grateful for today and 3 goals for the day These don t have to be big elaborate things They can be small and simple Also keep the goals just to the day 3 Affirmations or Prayer 5 Minutes Affirmations are positive statements that can help you to challenge and overcome self sabotaging and negative thoughts When you repeat them often and believe in them you can start to make positive changes They are an extremely powerful way to rewire how your brain thinks thus changing how your feel and your external physical world Choose an affirmation that is right for you and practice it for 5 minutes in silence My favorite affirmation is I can be what I will do be 4 Visualizations 5 Minutes Visualizations are similar to meditating The difference In meditation you do your best to think about nothing except your breathing In visualization you envision yourself accomplishing your goals The goal here is to visualize yourself doing and living your affirmation 5 Scribing Journaling Part 2 15 30 Minutes Now that the mind is focused take the next 15 30 minutes to write freely This can be free writing about random things or structure writing it doesn t matter Sometimes it is simply helpful to empty out your thoughts on paper so that you have room during the day to learn and retain new things It can be a way of house cleaning 6 Reading 15 30 Minutes Reading is extremely important for all people It is a way we feed our brain what it needs to be happy It is known that some of the most famous and successful people in the world ie Bill Gates Warren Buffet and more spend about 80% of their working days reading and learning new information However that might be overkill for most people just 15 30 minutes every day will make significant difference 7 Exercising 10 30 minutes Maybe this means going for a morning run before the sun wakes you or doing some yoga It doesn t have to be anything rigorous but some kind of activity is good Remember The Key to Success is consistency Stay consistent with your routine and observe the

results Good Luck on your Miracle Journey **The Miracle Morning Routine Daily Journal** Miracle Journals,2020-11-14
Miracle Morning Routine JOURNAL Thanks to Hal Elrod and his best selling book The Miracle Morning mornings and lives around the world have been transformed forever In the book Hal goes into his findings from studying the most successful people s morning routines He takes note of six different activities many of them do and calls them SAVERS Many successful people practice at least four of six of these activities but rarely do all six So what happens if you do all six That s for you to find out Drink a glass of cold water then Silence Meditation Affirmation Visualizations Exercise Reading ScribingThe Miracle Morning Routine Journal 1 Silence Meditation 10 Minutes The first thing to do is meditate for 10 minutes This can be silent meditation or guided meditation There are a number of documented benefits to meditation but doing this will give you added calm focus and concentration throughout the day There are also many phone Apps that can help you get started so don t wait 2 Journaling Part 1 5 Minutes This is made up of two parts Write down three things that you are grateful for today and 3 goals for the day These don t have to be big elaborate things They can be small and simple Also keep the goals just to the day 3 Affirmations or Prayer 5 Minutes Affirmations are positive statements that can help you to challenge and overcome self sabotaging and negative thoughts When you repeat them often and believe in them you can start to make positive changes They are an extremely powerful way to rewire how your brain thinks thus changing how your feel and your external physical world Choose an affirmation that is right for you and practice it for 5 minutes in silence My favorite affirmation is I can be what I will do be 4 Visualizations 5 Minutes Visualizations are similar to meditating The difference In meditation you do your best to think about nothing except your breathing In visualization you envision yourself accomplishing your goals The goal here is to visualize yourself doing and living your affirmation 5 Scribing Journaling Part 2 15 30 Minutes Now that the mind is focused take the next 15 30 minutes to write freely This can be free writing about random things or structure writing it doesn t matter Sometimes it is simply helpful to empty out your thoughts on paper so that you have room during the day to learn and retain new things It can be a way of house cleaning 6 Reading 15 30 Minutes Reading is extremely important for all people It is a way we feed our brain what it needs to be happy It is known that some of the most famous and successful people in the world ie Bill Gates Warrant Buffet and more spend about 80% of their working days reading and learning new information However that might be overkill for most people just 15 30 minutes every day will make significant difference 7 Exercising 10 30 minutes Maybe this means going for a morning run before the sun wakes you or doing some yoga It doesn t have to be anything rigorous but some kind of activity is good *A Miracle Morning Journal* Hal Bright,2019-07-18 This is a Journal that is 6 9 inch 100 Pages This journal paper is a neutral wide ruled paper with a line at the top for date Journals are a big part of the self help movement and are often used by people who would like to write down their thoughts often during a particularly challenging transition in their lives for example pregnancy rehabilitation illness or therapy People also like to journal while traveling taking part in a new activity like a class or when they re planning something exciting like a wedding

or adoption Journals are also popular with people who would like to make a change in their lifestyle so they may use it to document their sleeping exercise cleaning or eating habits their dreams or their thoughts about their relationship or financial affairs *The MIRACLE MORNING Journal* Lucy Elisa, 2020-12-03 you ever read the masterpiece THE MIRACLE MORNING and become a big fan of this book the most important thing is to apply what's within the book in your daily life to live perfect mornings with the best routine and so have a great day that's the point of this journal

The MIRACLE MORNING Journal Lucy, 2021-09-02 Did you ever read the masterpiece THE MIRACLE MORNING and become a big fan of this book the most important thing is to apply the content of the book THE 6 LIFE SAVERS in your daily life to live perfect mornings with the best routine and so having a great day that's the point of this journal **Summary of the Miracle Morning by Hal Elrod**

Speedy Books, 2018-12-05 The 1 Best Selling Book on Kindle Downloaded by over millions of people Hurry up and get YOUR copy today The must read summary of BESTSELLER Hal Elrod's book The Miracle Morning The Not So Obvious Secret Guaranteed to Transform Your Life Before 8AM This is a complete summary of the ideas from Hal Elrod's book The Miracle Morning In this new summary book you will have Hal's main ideas to wake up tomorrow and any or EVERY area of your life begin to transform The Miracle Morning is already transforming the lives of tens of thousands of people around the world by showing them how to wake up each day with more ENERGY MOTIVATION and FOCUS to take your life to the next level Limited offer only 2.99 Regular price 4.99 Added value of this summary Save time Understand the key concepts Takes no time at all to refresh your resolve to improve your life This Summary book is designed to extract the most valuable information from the original book and condense that information into the smallest possible format This summary is most effectively used alongside the original book as a compact reference guide but it can also be used by itself as it includes all of the most important points from the original work Scroll Up And Click the Buy Now With 1 Click Button Tags miracle morning the miracle morning book the miracle morning summary a miracle morning miracle morning hal elrod book my miracle morning morning miracle miracle morning journal hal elrod miracle morning book miracle mornings morning miracle book the miracle morning miracle morning millionaires the miracle morning the miracle morning morning miracles the miracle morning miracle mornings morning miracle hair the miracle morning morning miracle audible the miracle morning miracle morning for kids miracle morning routine book miracle morning the morning miracle miracle morning journal 2019 morning miracle journal miracle morning millionaires book miracle morning affirmations hal elrod miracle morning planner morning miracle millionaire miracle morning kids kids miracle morning miracle morning hal elrod a morning miracle the miracle morning journal miracle morning hardcover miracle morning audible 5 am morning miracle morning miracle mousse books miracle morning morning miracle kindle morning miracle audiobook miracle morning movie miracle morning audio miracle morning companion miracle morning paperback miracle morning audiobook miracles morning miracle morning hal my morning miracle miracle morning original new morning miracles miracle morning planner my miracle morning book miracle

morning for couples miracle morning workbook miracle of morning the miracle morning audible miracle morning spanish miracle morning kindle morning miracle hal elrod miracle morning for teens miracles morning book 68miracle morning used miracle morning ebook miracle morning teachers the miracle morning paperback kindle miracle morning miracle morning millionaires kindle miracle morning stickers morning miracles book miracle morning audible book books morning miracle miracle morning parents miracle morning 8am miracle morning writers miracle morning korean miracle morning planner 2019 miracle morning families miracle morning book 1 miracle morning mom miracle morning entrepreneurs miracle morning students miracle morning deutsch miracle morning tagebuch journal miracle morning miracle morning series miracle morning diary millionaire miracle morning miracle of the morning miracle morning for real estate agents miracle morning savers miracle morning equation audible miracle morning miracle mornings hal *My Personal Miracle Morning Routine Tracker* B. B. P. Publishing, 2021-05-14 Your new morning routine tracking journal Inspired by Hal Elrod s book *The Miracle Morning* this journal will help you track all the Life S A V E R S described inside the perfect mix of activities to help you develop the best version of yourself improving clarity belief and discipline Inside you will find 100 of daily pages with a handy section for day and date gatitude dedicated lines to jot down what make you feel grateful and start the day with this positive feeling a section dedicated to the list of daily most important task to accomplish scribing space where you can just free your mind and write about everything a perfect visual guide where you can just check Life S A V E R S that you ve accomplished Our journal has also a colorful and high quality matt cover inspiring quotes in between the days high quality white paper a helpful legend of our visual guide of Life S A V E R S tracker What are you waiting for Buy now My personal Miracle Morning routine tracker and start changing your life today Our journal is also a perfect gift idea for everyone who want a self improvement no matter in what kind of field business or personal Check also the wide variety of covers available on our author page BBP Publishing We gladly recommend to read Hal Elrod s *The Miracle Morning* book to better understand how you can truly change your life one morning at a time [The Miracle Morning Routine Guided Journal](#) Miracle Journals, 2020-12-14 A Guided Journal Notebook for Morning Routines Thanks to Hal Elrod and his best selling book *The Miracle Morning* mornings and lives around the world have been transformed forever In the book Hal goes into his findings from studying the most successful people s morning routines He takes note of six different activities many of them do and calls them SAVERS Whether you are a Real Estate Broker Marketer Entrepreneur Teacher Salesperson or a parent with kids this journal will transform your life Many successful people practice at least four of six of these activities but rarely do all six So what happens if you do all six activities 1 extra That s for you to find out *The Miracle Morning Routine Journal* contains 7 steps 1 Silence Meditation 10 Minutes The first thing to do is meditate for 10 minutes This can be silent meditation or guided meditation There are a number of documented benefits to meditation but doing this will give you added calm focus and concentration throughout the day There are also many phone Apps that can help you get started so don t wait

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6 Reading 15 30 Minutes Reading is extremely important for all people It is a way we feed our brain what it needs to be happy It is known that some of the most famous and successful people in the world ie Bill Gates Warrant Buffet and more spend about 80% of their working days reading and learning new information However that might be overkill for most people just 15 30 minutes every day will make significant difference

7 Exercising 10 30 minutes Maybe this means going for a morning run before the sun wakes you or doing some yoga It doesn't have to be anything rigorous but some kind of activity is good Remember The Key to Success is consistency Stay consistent with your routine and observe the results Good Luck on your Miracle Journey [My Miracle Morning Practice Journal](#) Lucas Nathan,2021-11-18 Stay less busy become more productive This miracle morning routine journal contains the 6 daily steps taught by Hal Elrod's Miracle Morning You have four full size pages to record your six step morning routine each day First morning routine Stillness stay alone with yourself without feeling lonely and record any observations you make Second morning routine Craft and Record your daily affirmations that resonates with you Third morning routine Make comprehensive note of what you visualize Fourth morning routine Write down how you moved your body Fifth morning routine Keep track of what you're reading Sixth morning routine Elevate and Transform your life with the consistent Journal space provided by this notebook to help you focus on the awesome future in front of you Details 160 pages 8 5 x 11 inches Space to include authors name and book title in the fifth morning routine Affirmation template to craft an Affirmation that produce results click on the orange button to get a copy **The Miracle Morning (Updated and Expanded Edition)** Hal Elrod,2024-01-09 Start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book that has sold more than two million copies So much more than a book It is a proven methodology that will help you fulfil your potential and create the life you've always wanted Mel Robbins New York Times bestselling author of

The High 5 Habit and The 5 Second Rule Getting everything you want out of life isn't about doing more. It's about becoming more. Hal Elrod and The Miracle Morning have helped millions of people become the person they need to be to create the life they've always wanted. Now it's your turn. Hal's revolutionary SAVERS method is a simple, effective, step-by-step process to transform your life in as little as six minutes per day.

Silence: Reduce stress and improve mental clarity by beginning each day with peaceful, purposeful, quiet affirmations.

Affirmations: Reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer.

Visualization: Experience the power of mentally rehearsing yourself showing up at your best each day.

Exercise: Boost your mental and physical energy in as little as sixty seconds.

Reading: Acquire knowledge and expand your abilities by learning from experts.

Scribing: Keep a journal to deepen gratitude, gain insights, track progress, and increase your productivity by getting clear on your top priorities.

This updated and expanded edition has more than forty pages of new content, including:

- The Miracle Evening:** Optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your Miracle Morning.
- The Miracle Life:** Begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want.

The Miracle Morning Routine Daily Journal (aka. 7-Step Morning Routine) Miracle Journals, 2020-12-03. A Guided Journal Notebook for Morning Routines.

Thanks to Hal Elrod and his best-selling book *The Miracle Morning*, mornings and lives around the world have been transformed forever. In the book, Hal goes into his findings from studying the most successful people's morning routines. He takes note of six different activities many of them do and calls them SAVERS. Whether you are a Real Estate Broker, Marketer, Entrepreneur, Teacher, Salesperson, or a parent with kids, this journal will transform your life. Many successful people practice at least four of six of these activities, but rarely do all six. So what happens if you do all six activities, 1 extra? That's for you to find out.

The Miracle Morning Routine Journal contains 7 steps:

- 1. Silence Meditation (10 Minutes):** The first thing to do is meditate for 10 minutes. This can be silent meditation or guided meditation. There are a number of documented benefits to meditation, but doing this will give you added calm, focus, and concentration throughout the day. There are also many phone apps that can help you get started, so don't wait.
- 2. Journaling Part 1 (5 Minutes):** This is made up of two parts: Write down three things that you are grateful for today, and 3 goals for the day. These don't have to be big, elaborate things. They can be small and simple. Also, keep the goals just to the day.
- 3. Affirmations or Prayer (5 Minutes):** Affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often and believe in them, you can start to make positive changes. They are an extremely powerful way to rewire how your brain thinks, thus changing how you feel and your external physical world. Choose an affirmation that is right for you and practice it for 5 minutes in silence. My favorite affirmation is "I can be what I will do be."
- 4. Visualizations (5 Minutes):** Visualizations are similar to meditating. The difference: In meditation, you do your best to think about nothing except your breathing. In visualization, you envision yourself accomplishing your goals. The goal here is to visualize yourself doing and living your affirmation.
- 5. Scribing (Journaling Part 2)**

15 30 Minutes Now that the mind is focused take the next 15 30 minutes to write freely This can be free writing about random things or structure writing it doesn t matter Sometimes it is simply helpful to empty out your thoughts on paper so that you have room during the day to learn and retain new things It can be a way of house cleaning 6 Reading 15 30 Minutes Reading is extremely important for all people It is a way we feed our brain what it needs to be happy It is known that some of the most famous and successful people in the world ie Bill Gates Warrant Buffet and more spend about 80% of their working days reading and learning new information However that might be overkill for most people just 15 30 minutes every day will make significant difference 7 Exercising 10 30 minutes Maybe this means going for a morning run before the sun wakes you or doing some yoga It doesn t have to be anything rigorous but some kind of activity is good Remember The Key to Success is consistency Stay consistent with your routine and observe the results Good Luck on your Miracle Journey

The Miracle Morning Routine Yourspace Now,2021-03-03 Are you looking for a unique personalized Gift Look no further The Miracle Morning Routine Journal contains 7 stages 1 Quiet Meditation 10 Minutes The principal activity is to ruminate for 10 minutes This can be a quiet reflection or guided contemplation There are various archived advantages to contemplation however doing this will give you added quiet center and focus for the duration of the day There are additionally many telephone Apps that can assist you with beginning wait don t as well 2 Journaling Part 1 5 Minutes This is comprised of two sections Record three things that you are thankful for now and 3 objectives for the afternoon These don t need to be large intricate things They can be little and straightforward Likewise keep the objectives just to the day 3 Attestations or Prayer 5 Minutes Affirmations are positive proclamations that can assist you with testing and beat self attacking and negative contemplations At the point when you rehash them regularly and have confidence in them you can begin to roll out sure improvements They are a very amazing approach to overhaul how your mind thinks in this manner changing how your vibe and your outside actual world Pick an insistence that is ideal for you and practice it for 5 minutes peacefully My 1 certification is I can be what I will do be 4 Representations 5 Minutes Visualizations are like pondering The distinction In contemplation you put forth a valiant effort to consider nothing aside from your relaxing In representation you imagine yourself achieving your objectives The objective here is to picture yourself doing and living your insistence 5 Scribing Journaling Part 2 15 30 Minutes Now that the psyche is engaged require the following 15 30 minutes to compose unreservedly This can be free expounding on arbitrary things or construction composing it doesn t make any difference Here and there it is basically useful to exhaust out your contemplations on paper with the goal that you have space during the day to learn and hold new things It very well may be a method of housekeeping 6 Perusing 15 30 Minutes Reading is critical for all individuals It is a way we feed our mind what it should be glad It is realized that the absolute generally acclaimed and fruitful individuals on the planet ie Bill Gates Warrant Buffet and that s just the beginning spend about 80% of their working days perusing and learning new data Notwithstanding that may be pointless excess for the vast majority only 15 30 minutes consistently will have a critical effect 7 Working out 10

30 minutes Maybe this implies going for a morning run before the sun wakes you or doing some yoga It doesn't need to be anything thorough however some sort of action is acceptable Keep in mind The Key to Success is consistency Stay reliable with your everyday practice and notice the outcomes Best of Luck on your Miracle Journey **Miracle Morning Routine**
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