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THE MIRACLE MORNING

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Hal Elrod is one of the highest rated keynote speakers in America, a Hall of Fame Business Achiever, ultra-marathon runner and host of the top rated Achieve Your Goals podcast. He is also the best-selling author of one of the highest rated books in the world (over 1,500+ five star Amazon reviews!) *The Miracle Morning*.

At age 20, he was hit head on by a drunk driver and found clinically dead at the scene. Despite being in a coma for 6 days, breaking 11 bones and being told he may never walk again, Hal defied the odds and the temptation to be a victim by bouncing back to prove that we are all capable of overcoming the harshest of adversities to create extraordinary results in every area of our lives.

PERSONAL RESPONSIBILITY AND OVERCOMING ADVERSITY

Your ability to create the life you want is directly related to your ability to take personal responsibility for your inner world and for doing all you can to transform your outer circumstances.

It's important to note that responsibility is not the same as blame. Blame determines who is at fault for something, responsibility determines who is committed to improving things.

While the drunk driver was to blame for the author's accident, he decided to embrace the responsibility of improving his life and making his circumstances what he wanted them to be.

It doesn't matter who is at fault, all that matters is that you are committed to leave the past in the past and make your life exactly what you want it to be.

Because even when life is challenging - especially when life is challenging - the present is always an opportunity for you to learn, grow and become better.

WAKE UP TO YOUR FULL POTENTIAL:

Are you ready to stop settling and start living your best life? You can become one of the few people that actually achieve extraordinary success in EVERY area of your life: Happiness, health, money, freedom, success, love... you really can have it all.

Level 10 success in every area of your life. It's not only possible, it's simple. It's simply dedicating purposeful time each day to become a Level 10 person that is capable of creating and sustaining Level 10 success in every area.

There are small, simple steps that you can take every morning to enable you to become this person, and you'll learn what they are in this life-changing summary!



WHY YOU SHOULD MAKE THIS HAPPEN:

- You're just as worthy, deserving and capable of living a Level 10 life in all areas as any other person.
- To achieve this, you must dedicate time each day to become the person who is capable of creating and sustaining the success you want in all areas.
- Your morning routine dramatically affects your level of success. Focused, productive, successful morning generate focused, productive, successful day - which inevitably create a successful life.

THE 95% REALITY CHECK:

95% of people settle for less than they want in life, always wishing they had more.

Monetarily speaking, only 5% of us will be successful in creating a life of freedom!

According to the Social Security Administration, if you follow 100 people who start their working careers and follow them for 40 years, at the end:

One will be wealthy, four will be financially secure,

five will continue to work because they have to, 36 will be dead and 54 will be dependent on family and the government to take care of them.

But it's not only about the money... take a look at the people in your life. Are most of them happy with their health? Their relationships? Their contributions to the world?

Chances are most of them are NOT! The majority of people in our society lead mediocre lives, going through the motions half-asleep, doing only what's needed to merely survive.

But the fact that you've invested in "52 Books A Year" tells me you're not okay with settling with less than you can have, be and do. So I KNOW you'll implement what you'll learn today to create your Level 10 life!

THE 3 STEPS TO RISE ABOVE MEDIOCRITY:



Acknowledge the 95% reality check:

95% of people will never create the life they truly want - and we must embrace the fact that if we don't commit to thinking and living differently than most people, we are setting ourselves up to endure a life of mediocrity, struggle, failure and regret. The average person is out of shape, constantly exhausted, and unable to make it through the day without coffee or energy drinks. More prescription drugs are being consumed than ever before, so we can avoid feeling the sadness and depression that come when we don't live up to our potential. Over 50% of marriages end up in divorce, and Americans have more personal debt than at any other time in history.

Identify the causes of mediocrity:

If 95% of our society is not living the life that they want, we must figure out what they did wrong. I know you want a life of freedom, a life where you get to wake up and do what you want, when you want, with whoever you want. I know you want to get out of bed every day and truly love your life, love your work and love the people you get to share your life with. That's my definition of success! And that kind of life doesn't just happen, it must be designed. And if you want to live a life designed by you, then you must identify the fundamental causes of mediocrity as you can prevent them from robbing you of the life you want.

THE CAUSES OF MEDIOCRITY:



- **Rear-View Mirror Syndrome:**

We mistakenly believe that we who we were is who we are, thus limiting our true potential in the present based on the limitations of our past. We filter every choice we make through the limitations of our past experiences. To move beyond the limitations of your past, embrace the paradigm: my past does not equal my future.

Get clear on what you truly want, condition yourself to believe that it's possible by focusing on and affirming it every day, and consistently move in the direction of your vision until it becomes a reality.

Where you are is a result of who you were, but where you depends entirely on who you choose to be, from this moment on.

- **Lack Of Purpose:**

To break from mediocrity is to live a life of purpose: to constantly and consciously align your thoughts, words and actions to your life's purpose. A life purpose will give you the strong WHY you need to get up when you don't want to get up, to keep going when you don't feel like it and to do what it takes to become your best self.

Keep in mind that you're not supposed to 'figure out' what your purpose is, you get to make it up, create it and decide what you want it to be. As you grow and evolve so will your life's purpose, it will constantly change. What's important is that you choose a purpose, any purpose, and start living by it now.



- **Isolating Incidents:**



You must realize the real impact of each of your choices: every single thought, choice and action is determining who you are becoming and the quality of your life. Every time you choose to do the easy thing, instead of the right thing, you are shaping your identity, becoming the type of person that does what's easy instead of what's right.

- **Lack Of Accountability:**

If you know someone else is counting on you, how much more likely are you to complete that task. Accountability is the act of being responsible to someone else for some action or result. The best way to add accountability to your life is to get an accountability partner - find someone with similar goals and hold each other accountable to doing what it takes!



- **Mediocre Circle Of Influence:**

Research has shown we become like the average of the five people we spend the most time with. Who you spend your time with may be the most determining factor in the person you become and thus in the quality of your life.

If you are surrounded by lazy, weak-minded, excuse-making people, you'll inevitably become like them. On the other hand, spending time with positive, successful achievers will mean that their attitudes and successful habits will inevitably reflect on you.



You must actively seek out such people to improve your circle of influence.

- **Lack Of Personal Development:**

This is one of the most valuable life lessons you can embrace: "Our levels of success will rarely exceed our level of personal development because success is something we attract by who we become". The Miracle Morning will enable you to become that Level 10 person you need to be to create and sustain the Level 10 success that you want in every area of your life.



- **Lack Of Urgency:**

Most people have no sense of urgency to improve themselves so they can improve their lives. Human nature is to live with a "someday" mentality, and think "life will work itself out". How's that working out for everybody?

This mindset leads to a life of procrastination, unfulfilled potential and regret. Always remember this: NOW matters more than any other time in your life, because what you are doing now is determining who you are becoming, and this will always determine the quality and direction of your life.



Draw your line in the sand:

You've embraced the reality that 95% of society is struggling, and you've identified the reasons why. Now you must draw your line in the sand: make a decision as to what you are going to do differently from this day forward.

Mediocrity is the result of not making a commitment to continuously learn, grow and improve yourself.

Whereas being extraordinary is simply a result of committing to do so.

Your entire life changes the day you decide you will no longer accept mediocrity for yourself. When you decide now matters more than any other time!



WHY DID YOU WAKE UP THIS MORNING?

Why do you wake up most mornings? Is it because you want to? Or do you delay waking up until you absolutely have to?



When you delay waking up until you have to (meaning you wait until the last possible moment to get out of bed and start your day), consider that what you're actually doing is resisting your life.

Every time you hit the snooze button you're in a state of resistance to your day, to your life, to waking up and creating the life you say you want. The tone of our morning has a powerful impact on the tone of the rest of our day, it becomes a cycle.

By just changing your approach to waking up in the morning, and waking up each day with passion and purpose, you'll unlock energy, motivation, and abundance of clarity and personal power that only the small percentage of high achievers enjoy.

WAKE UP MORE ENERGIZED, WITH LESS SLEEP:

How much sleep do you need? The author shared how he experimented with everything from 4 to 9 hours, and what mattered most was what he told himself before going to sleep.

If he went to bed thinking "I'm only going to sleep 'x' hours, that won't be enough, I'll feel tired tomorrow", he woke up feeling tired, no matter if he slept 4, 6 or 9 hours.

However, if he went to bed reciting this powerful bedtime affirmation, he woke up feeling rested and energized, no matter the hours he slept:

"Thank you for giving me these 'x' hours of sleep tonight". "X" hours is exactly what I need to feel rested and energized in the morning. My body is capable of miraculous things, the least of which is generating an abundance of energy from 'x' restful hours of sleep. I believe that I create my experience of reality, and I choose to create waking up tomorrow feeling energized and excited to take on my day, and I'm grateful for that."



THE FIVE-STEP SNOOZE-PROOF WAKE-UP STRATEGY FOR SNOOZE-AHOLICS:

These 5 simple steps will boost your WUM (wake up motivation) from a 1 to 5 or a 6, making it much easier to get out of bed and stay awake for your Miracle Morning:

- **Step 1: Set your intentions before bed**

Consciously decide every night to actively and mindfully create a positive expectation for the next morning. Visualize yourself waking up as soon as the alarm sounds feeling energized and ready to take on the day, and see yourself as you perform your morning power rituals, feeling your personal power grow with each.



- **Step 2: Move your alarm clock across the room**

This will force you to rise from bed and engage your body in movement. Motion creates energy, so when you get up and out of bed, it naturally helps you wake up.

- **Step 3: Brush your teeth**

The point is that you're doing mindless activities for the first few minutes to give your body time to wake up. So, after turning off your alarm clock, go to the bathroom sink to brush your teeth and splash some water on your face.



- **Step 4: Drink a full glass of water**

It's crucial that you hydrate yourself first thing in the morning. After many hours without water, you'll naturally be dehydrated, which causes fatigue. Rehydrate your mind and body as fast as possible.

- **Step 5: Get dressed in your workout clothes**

Morning exercise is crucial to maximizing your potential because it puts you into a peak mental, physical and emotional state so you can win the day.



THE LIFE S.A.V.E.R.S.: SIX PRACTICES GUARANTEED TO SAVE YOU FROM A LIFE ON UNFULFILLED POTENTIAL:

Who you are is made up of the physical, intellectual, emotional and spiritual parts that make you up - PIES for short. By focusing time and effort each day on developing your PIES and constantly becoming a better version of yourself, your life situation will inevitably (and almost automatically) improve. Our outer world is a reflection of our inner world.

These 6 powerful practices develop one or more of these areas, and they will enable you to stop accepting less from yourself than what you know is possible as you develop yourself into the person you know you can become:

S is for **SILENCE**:



If you want to reduce your stress levels, begin each day with calm, clarity and peace of mind and stay focused on what's important to you throughout the day, do the opposite of what most people do and start every morning with a period of purposeful silence.

You can meditate, pray, reflect or just focus on your breath. It is very important that you don't stay in bed for this, as it's too easy to fall back to sleep.

While your problems will still be there when you finish your daily meditation, you'll find that you're much more centered and better equipped to solve them.

A is for **AFFIRMATIONS**:

Your self-talk has a profound influence on your level of success in every area of your life. If you don't consciously choose it, you'll always relive the fears, insecurities and limitations of your past.

However, when you actively design and write out your affirmations to be in alignment with what you want to accomplish and who you need to be to do so - and repeat them out loud daily - they immediately impact your subconscious mind.

It's KEY that you tap into your emotions as you read your affirmations. Generate authentic emotions and infuse them into every affirmation you repeat to yourself. And read them DAILY - you won't see any measurable results until you make them a part of your DAILY routine.





V is for VISUALIZATION:

Visualization is the process of imagining exactly what you want to achieve and then mentally rehearsing what you'll need to do to achieve it.

It has been advocated by highly successful individuals, athletes and celebrities for years - because it WORKS!

The author recommends visualizing directly after reading your affirmations, so you can visualize yourself living in alignment with them. He gives three simple steps to miracle morning visualization:

Step 1: Get ready - sit up tall, in a comfortable position. This can be on a chair, couch, the floor, etc. Breathe deeply, close your eyes, clear your mind and get ready to visualize.

Step 2: Visualize what you really want - visualize your major goals, deepest desires and most exciting dreams. See, feel, hear, touch, taste and smell every detail of your vision. Involve all your senses to maximize the effectiveness of your practice - the more vivid you make your vision, the more it will excite and compel you to take the necessary actions to make it a reality.

Step 3: Visualize who you need to be and what you need to do to make your vision a reality - once you've created a clear mental picture of what you want, begin to visualize yourself living in complete alignment with the person you need to be to achieve your vision.

See yourself engaged in the positive actions you'll need to do each day (exercising, studying, working, writing, making calls, etc.) and make sure you see yourself ENJOYING the process.

Picture the look of determination on your face as you confidently make those phone calls or work on that report - and feel how in the zone you are!

E is for EXERCISE:

When you exercise for even a few minutes every morning, it significantly boosts your energy, enhances your health, improves self-confidence and emotional well-being, and enables you to think better and concentrate longer.

Whether you go to the gym, go for a walk, run, throw on a P90X or Insanity DVD, what you do during your period of exercise is up to you.

The beauty of incorporating exercise into your Miracle Morning is that it happens before you have a chance to get too tired or have an entire day to come up with excuses to avoid it. The Miracle Morning is a surefire way to fit in your exercise no matter what!



R is for **READING:**

Reading is the fast track to transforming any area of your life - as you know! It is one of the most direct methods for acquiring the knowledge, ideas and strategies you need to achieve level 10 success in all areas of your life.

The key is to learn from experts - model successful people who have already achieved what you want to achieve.

Whatever you want in your life, there's a book written by someone who made it happen and shared their experience. Want to become wealthy? Create an incredible romantic relationship? Improve your persuasion skills, boost your self-confidence, become a better salesman? Find the book you need in your local bookstore or online and read it!

Of course, as a member of "52 Books A Year", you're getting to "upload" one of the world's leading book directly into your brain every single week - but I still highly suggest you read at least 10 pages of an actual book every morning as a part of your Miracle Morning.



S is for **SCRIBING:**

Journaling to close out your Miracle Morning, enables you to document your insights, ideas, breakthroughs, realizations, successes and lesson learned, as well as any areas of opportunity for growth.

The author also states that going back and reviewing your journals at the end of the month and the year can be an overwhelmingly constructive experience, as you gain an increased awareness on how much you have grown, a profound sense of gratitude for the blessings you've received and pride for what you have accomplished. Plus, being able to recapture the lessons you learned that you might have forgotten.

You can write about your goals, dreams, plans, family, commitments, lessons learned...

The author shares that his method ranges from a synopsis of his day to a very specific process:



Listing what you're grateful for, acknowledging your accomplishments, clarifying what you want to improve on and planning the specific actions you're committed to taking.

YOUR LIFE S.A.V.E.R.S. SEQUENCE:

This is what a regular 60 minute Life S.A.V.E.R.S. sequence looks like:

- **Silence** (5 minutes)
 - **Affirmations** (5 minutes)
 - **Visualization** (5 minutes)
 - **Exercise** (20 minutes)
 - **Reading** (20 minutes)
 - **Scribing** (5 minutes)
- Total Time:** 60 Minutes

The sequence in you do the Life S.A.V.E.R.S. can be customized to your preferences.

It's YOUR Miracle Morning, so feel free to experiment and see what you like best!

Real Results in 6 Minutes

If you're extra busy and pressed for time, the author developed a "6 Minute Miracle Morning":

1 Minute One: Sit quietly, in purposeful silence. Maybe say a prayer of gratitude, or simply focus on your breath. The key is to be truly present to the moment, calm your mind, relax your body and develop a deeper sense of peace.

2 Minute Two: Pull out your daily affirmations and read out loud with EMOTION to re-energize yourself to take the actions necessary to live the life you truly want.

3 Minute Three: Visualize what it will look and feel like when you reach your goals, and see yourself enjoying doing the actions it will take to get you there.

4 Minute Four: Write down some of the things you're grateful for, what you're proud of and the results you're committed to creating for the day.

5 Minute Five: Invest one minute reading - I HIGHLY suggest you invest this minutes reading one of our punchy Action Lessons in your inbox!

6 Minute Six: spend the last minute moving your body for 60 seconds - jumping jacks, push ups, maybe simply run in one place. The point is to get your heart rate, generate energy and boost your ability to be alert and focused.

Even if you're extremely time-strapped...how do you think you'd feel if this is how you utilized the first six minutes of your day? How would the quality of your day improve?

There's NO reason why you shouldn't do your Miracle Morning for at least six minutes on those days when you're pressed for time!

From Unbearable To Unstoppable

To implement any new positive habit into our lives, we go through three ten-day phases. Each present a different set of emotional challenges and mental roadblocks, and being aware of them will make it much easier for us to overcome them.

[Days 1 - 10] Phase One: Unbearable



The first ten days of implementing a new habit can feel almost unbearable. The first few days can be easy, and even exciting - because it's something new - but as soon as newness wears off, reality kicks in.

You hate it's painful. Every fibre in your being resists and rejects change.

The problem for most people is that they don't realize that this seemingly unbearable first ten days are only temporary. They think it's the way the new habit will always feel - thus they fail to follow through.

But you now have an advantage - you are now prepared for these first then days. You know it is the price you pay for success, and you also know it only gets easier from here!

[Days 11-20] Phase 2: Uncomfortable

After you get through the first most difficult 10 days, things get much easier.

But while days 11-20 are not unbearable, they are still uncomfortable and will require discipline and commitment on your part. It will still be tempting to fall back to your old behaviours.

Stay committed! You've already gone from unbearable to uncomfortable, and you're so close to finding out what it feels to be UNSTOPPABLE!



[Days 21-30] Phase 3: Unstoppable



The final 10 days is where you positively reinforce and associate pleasure with your new habit. Instead of hating and resisting your new habit, you start feeling proud of yourself for making it this far.

Phase 3 is also where the actual transformation occurs, as your new habit becomes part of your **identity**.

It transcends being **something you're trying to be who you're becoming**. You start to see yourself as someone who lives the habit.

However, too many people make the mistake of thinking "I've done it for 20 days so I'm just going to take a few days off". Taking a few days off before you've invested the time to positively reinforce the habit makes it difficult to get back on it, as you still associate pain to it.

It's days 21-30 where you really start enjoying the habit, and this positive association is what will make you continue with it in the future.

Are you ready for true freedom?

Implementing the principles you learned in this summary and waking up every day to do your Miracle Morning will enable you to overcome your own self-imposed limitations so you can be, do, and have everything you want in your life, faster than you ever thought possible.

The Miracle Morning is a life-changing daily habit, and while most people who try it love it from day one, getting yourself to follow through with it for 30 days will require unwavering commitment from you.

But on the other side of those 30 days is you becoming the person you need to be to create everything you've ever wanted for your life - what could be more exciting than that?

Key Quotes:

1. " Know that wherever you are in your life right now is both temporary and exactly where you are supposed to be. You have arrived at this moment to learn what you must learn so that you can become the person you need to be to create everything you've ever wanted for your life". (pg. 3)
2. "Every single thought, choice and action is determining who we are becoming, which will ultimately determine the quality of our lives". (pg. 67)



3. "The moment you accept responsibility for EVERYTHING in your life is the moment you tap into your power to change ANYTHING in your life" . (pg. 140)
4. "Where you are is a result of who you were, but where you go depends entirely on the person you choose to be as of this moment". (pg.165)
5. "The average person lets their emotions dictate their actions, while achievers let their commitments dictate their actions." (pg. 178)

Key Takeaways:

1. Creating our Level 10 life in all areas starts with embracing personal responsibility
2. Adversity is an opportunity to learn, grow and become better
3. To achieve Level 10 success we must dedicate time each day to become a Level 10 person
4. By simply changing the way you wake up, you can transform any area of your life faster than you ever thought possible
5. Identify the causes why 95% of people lead mediocre lives and draw a line in the sand as to what you're going to do differently
6. Each time you hit the snooze button you're in a state of resistance to your day, to your life, to waking up and creating the life you want.
7. Who you are is made up of the physical, intellectual, emotional and spiritual parts that make you up - you MUST spend time every day cultivating every area.
8. The first 10 days of implementing a new habit are the hardest and most painful ones - stick through them, it only gets easier from there!

The ONE action to take:

Of course...start your [Miracle Morning routine](#)!

As you learned today, nothing will have as much of an impact on your life as changing the way you wake up. And these six practices will GUARANTEE you're on track to becoming your best self - and creating your best life!

And honestly, time is not an excuse anymore - we shared how you can get results in only 6 minutes!

However, I know you'll be hooked by how much better you'll feel throughout your day, how much you'll enjoy the practices and how much more productive and present you'll be.

Start TOMORROW MORNING! I guarantee you'll be glad you did.