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Miracle morning summary savers

4 min read **MicroSummary:** "The Miracle Morning" by Hal Elrod is one of the best books about life-changing daily regimes. Aiming to transform your life before 8 AM, it suggests and describes an original 6-step routine, based on a concept called habit stacking and on the belief that a good morning can make for a good day - any day. This is a great motivational story that begins with "What if?" Behind this question mark stands the first lesson that should be learned: Achieving goals is in our power! Soon you may feel like you have to take some notes. So many actionable things. Simple words. Simple steps to be followed. No failures expected. And all you have to do is to embrace the key prerequisite of this book: It's official: anything is possible when you are committed. **Miracle Morning:** The Not-So-Obvious Secret Guaranteed to Transform Your Life (before 8 a.m.) is considered "one of the most life-changing books ever written". The Miracle Morning program has improved the lives of a lot of people around the world. The book was a #1 bestseller for several weeks, and its concepts are used by many people. **LIVING WITH HOPE / MIRACLE MORNING** "Choose a purpose—any purpose—and start living by it, now." @HalElrod Click To Tweet "The Miracle Morning PDF Summary" The "6 minutes death" story Hal Elrod, had a car accident when he was 20, and even died for 60 minutes. Fortunately, he came back to life. He spent several days in a coma when he finally woke up, the doctors told him that he has permanent brain damage and he may never walk again. Hal Elrod succeeded in getting over this tragic event and discovering his own amazing power. Not only is he a normal person, whose brain works normally, but he also went on a marathon, wrote several bestsellers, became a successful coach and one of the most famous people on Earth. Hal Elrod decided to share with the world his great discoveries and help us live our own miracle mornings. The lessons learned Hal Elrod believes that the way that we start the day has a major impact on how the rest of the day will be. The quality of our lives is influenced by the way we spend our days. That's why he came up with the idea of waking up an hour earlier and using that hour to do several things for ourselves. Let's be fair! We all love sleeping, especially in the morning. So, why should we wake up earlier? That idea seemed crazy to many people, till they tried it. And then they had an amazing surprise: they felt better for the rest of the day, had more energy, and were able to do a lot more things than usual. The idea of waking up earlier for life improvement became viral, and many people started to practice their miracle morning. Waking up earlier became easier as days went by. The strategy for snooz-oholics For those who still have trouble waking up in the morning (the snooz-oholics), Hal has a snooze proof strategy. It only takes five steps, and we will never say you aren't a "morning person". In order to help us improve our lives and overcome mediocrity, the author provides us with the person you always wanted to be. So, the first you should do on your miracle morning. First of all, when you wake up, you have to smile, get out of bed and drink a glass of water. That will activate your metabolism. Then, after brushing your teeth, you're ready to start your miracle morning. You have a whole hour to start improving your life and become the person you always wanted to be. So, the first ten minutes, you should stay in silence and meditate. The book describes a few techniques that will help you focus on one single thing. This represents the "S" from savers. The "A" refers to affirmations. You should write your positive affirmations and repeat them for ten minutes each day. The "V" comes from visualization because it isn't enough to affirm what you want. You have to visualize your perfect life. To actually see you living it. The book gives Jim Carrey's example, who signed a million dollar white check and after a few years, he was paid with this amount of money, for his first movie role. "E" comes from exercising. A successful person is in good shape and has a great physical condition. It's logical. When your body is healthy and full of energy, your mind will help you make the best decisions. A person of success is healthy and cares about his body shape. In order to improve your physical condition, you should do some exercises. It will increase your energy level, your heart will pump more blood and you'll feel prepared to face the challenges of the day. The "R" is for reading; especially self-help books. If you will read only ten pages per day, after one year you will have read 18 books, and it isn't impossible to keep anything in mind. Finally, the "S" comes from scribbling. That means writing. If you write your thoughts in a diary, it will be easier to see exactly how much you improved yourself. Also, writing is a very good way of expressing your feelings. The diary could be your confidant, and you could really trust it. If you hide it well, it won't lose your trust. If an hour is too much for you, Hal Elrod comes up with an amazing idea: you could have the same results by practicing your miracle morning for only 6 minutes a day. And you can't say that you don't have 6 minutes available. After starting your own miracle morning program, you have to stick with it. The first week will be easy because you'll be excited about doing something new. After that, the program will seem bearable and you'll have the intention of quitting. Don't do that! After 30 days, the morning routine will turn into a habit and after that, it will be easier. And the results will be excellent! It's important to start your miracle morning program as soon as possible. You can finally live the life you're living! This morning routine will help you get rid of the mediocrity in your life and become extraordinary! Children are always considered a miracle of life, but it seems that we forgot that. We all deserve to live an extraordinary life because we're all extraordinary because of our uniqueness. Learn more and more, in the speed that the world demands. Welcome to Books That Can Change Your Life ! If you are new here you must want to receive The 3 Vital Principles To Succeed in Life, backed by science - click here to get it for free ! Welcome back to Books That Can Change Your Life ! Since it is not your first visit here, you must want to receive The 3 Vital Principles To Succeed in Life, backed by science - click here to get it for free ! Summary of "Miracle morning - the 6 habits that will transform your life before 8am". "Miracle Morning" is a method created by Hal Elrod with the goal of improving every aspect of life; it consists of getting up early every morning, in order to follow a daily routine based on six personal development activities. By Hal Elrod, 2012, 240 pages Chronicle and Summary of "The miracle morning - the 6 habits that will transform your life before 8am": Presenting the Miracle morning to the reader From the opening lines of his book, the author, Hal Elrod, starts with a truly spectacular description of the Miracle Morning. This morning routine is, according to him, capable of offering revolutionary results. It is, in fact, a method that improves every aspect of life, the most practical, fast and efficient method that he ever encountered. It will allow you to: reach a considerable milestone in your life, whether you are looking for success or whether you already have success in your life; Attain vitality and balance with regard to your health, happiness, love life, finances, spirituality or other areas that feature at the top of your list of priorities; offer anyone the strength to face challenges that appear insurmountable; make decisive progress and turn situations around, all in a very short time. To summarise, the author assures us, with the Miracle Morning, there will be a transformation in every aspect of your life, and all before 8 am! Hal Elrod's personal story After a brief introduction, the book begins by with the personal story of the author of the book "Miracle Morning", Hal Elrod. The first miracle: escaping death At a time when he was enjoying success in every aspect of his life, Hal Elrod was the victim of a road traffic accident in 1999, at the age of 20. Although clinically dead, rescuers saved his life. Over the course of the following months, after a coma and rehabilitation, he learned that he would never walk again and that he would have to live with irreversible brain damage. However, he knew that he was a living miracle and he became aware that his life would never be the same again. Astounding professional and personal ascension As he couldn't change the past, he turned his efforts to the future and took responsibility for his return to life. He went back to his job as a sales rep, more determined than ever. He became director of sales and success followed success in his personal life. That was when Hal Elrod decided to tell his story, with the idea of turning his unhappy fate into inspiration and making others more responsible. His dream came true very quickly and he started to host conferences. He became a personal development coach. The descent into hell In 2007, with the economic recession, Hal Elrod lost everything he had built: his money, his house, his job and his health. He hit rock bottom mentally, emotionally and financially. Although he was very depressed and had no desire to do anything any more, one day he took a friend's advice and went for a run. That was when he had the idea of creating a daily personal development routine. Everything grew from there... The second miracle behind the Miracle Morning Following the morning routine that he created, Hal's life changed so rapidly, in every way, that he took it to be a miracle. So he naturally gave it a name: Miracle Morning. Hal Elrod talked about the incredible results of his method around him. His clients that followed it in large numbers went on to share it in turn. The Miracle Morning spread like a trail of gunpowder... In 2012, the book "The Miracle Morning:the not-so-obvious secret guaranteed to transform your life (before 8am)" was published. It changed the lives of many people who will testify to this. The book became a huge success! The importance of accepting responsibility When he tells his story at the beginning of the book, Hal Elrod wants to show that you can overcome anything and achieve anything, no matter what difficulties you encounter. As far as he is concerned, there is nothing to stop us from pushing back the limits that prevent us from succeeding in life. However, this does involve accepting full responsibility for every aspect of our lives and a refusal to blame other people. The degree to which we accept responsibility for everything that happens to us in life corresponds to the strength of our mental power to change or create something in our life. Chapter 1: Wake up to your potential Place your life at the highest level According to Hal Elrod, we are capable of extraordinary success in every sphere of our life: happiness, health, finance, love, freedom. We must stop settling for little in comparison to what we really want. On the contrary, we must start to live in phase with the most extraordinary vision we can have of our life. To succeed in this, however, will require a little effort every day. For the author, this begins with the way we wake up in the morning. According to him, our morning routine is significant in determining the degree of success in every aspect of our lives. A successful and productive morning generates a successful, productive day. The focus we feel inevitably creates a successful life. Unproductive mornings, when we spread ourselves around, result in poor quality days. Consequently, changing the way you wake up can very quickly transform any part of your life. Using simple and modest measures that you can apply starting today, you can achieve the level of success that you dream of and that you deserve. The benefits of the Miracle Morning The Miracle Morning works for all lifestyles, including people who are not "early birds". It is a simple, but also a very pleasant method that is easy to apply throughout life. Whether or not you consider yourself a morning person, the author promises to teach you how to wake up easily every day. According to Hal Elrod, the Miracle Morning is a method that has a number of benefits. In particular, it allows you to: start every day feeling motivated and filled with more energy; reduce your stress levels; gain clarity to overcome difficulties; be in better health; increase your productivity and focus on your priorities; be more grateful, less worried; improve your ability to earn more money; discover and follow the direction given to your life. Chapter 2: The miracle morning origin: born out of desperation The two disasters experienced by Hal Elrod In this part the author explains how the two disasters that befell him led to his invention of the Miracle Morning. The period when he was in debt was, for him, much darker than when he almost died. Hal Elrod explains that when he found out how much he was in debt, there was nobody around to take care of him. In contrast, after his accident, he had a lot of support. What's more, his debt came accompanied by many other problems: other areas of his life. This combination of physical, mental, emotional and financial difficulties pushed him into a state of deep depression. Yet, just one week later, he was up and he was smiling. He lifted himself out of his despair and turned his life around. That morning, Hal simply did something different: he took the advice of a friend and went for a run. It was precisely at that moment that everything changed! He suddenly understood that the solution to all his problems was to commit his own personal development, to make it a priority in his daily life. This philosophy would change his life: he decided to find the time to commit to this. The Miracle Morning was the process of being born... The challenges encountered by Hal Elrod First challenge: where to find the time? Finding the time to devote to one's personal development on a daily basis is a difficult task. According to Hal Elrod, we are too busy trying to be happy to do that. However, the author tells us how he managed to find the time: His initial idea was to find time in the evening, but he soon realised that this was not the best moment for him (fatigue, the only time he could spend on his relationship). It was also impossible for him to clear a time slot in the afternoon. Even though he hated the thought of getting up early, the morning seemed to be the most appropriate time. He could start the day on a positive note, with more energy and focus and increased motivation. He would no longer have any of the excuses that build up over the course of the day. Second challenge: how to optimise the impact? Once he decided to devote himself to his personal development every morning, Hal made a note of all of the life-changing personal development exercises that would fill this morning time. He naturally listed the following exercises: meditation, affirmations, keeping a journal, visualisation, reading and physical exercise. Then he decided to devote ten minutes every day to each of these six activities. When he read over his list, Hal Elrod felt highly motivated and eager to get up. When the alarm clock rang at 5am the next morning, he jumped out of bed, as enthusiastic and full of energy as a child on Christmas morning! The morning that changed Hal Elrod's life First feelings At 5 am that morning, when it was still dark outside, Hal felt a sense of power. He performed the exercises he had planned the day before. Once completed, he felt that he had just lived through one of the most exceptional days of his life. It was only 6 o'clock in the morning! This is what he felt: at peace, thanks to the silence motivated; thanks to the affirmations inspired; thanks to the visualisation grateful; thanks to keeping a journal full of energy; thanks to the physical exercises in two months, his depression had disappeared! It was a miracle! With this new level of energy, motivation, clarity and concentration, he was now capable of easily reaching objectives. He could create strategies and implement a plan of action to bounce back and increase his income. The birth of the Miracle Morning When he talked about his miracle morning to the people around him, Hal Elrod became aware of the impact it could have on the world. This method gives each of us the opportunity to become a person capable of creating a dream life. Hal Elrod began to spread the word about this innovative approach to help individuals and organisations improve their results. Chapter 3: The 95% reality check According to Hal Elrod, approximately 95 per cent of people in our society settle for less than their dreams. They move through life well below their capacity. They are prone to difficulties in many aspects of life. And they do not take advantage of success, happiness and freedom in the way they would like. Our goal is not to struggle like 95 per cent of the population. According to the author, we can escape mediocrity and be part of the remaining 5% in three stages. Step no. 1: Know the 95 % club To avoid enduring a life of mediocrity, we must think and live in a different way to the majority of people. This applies to every aspect of life: physical, mental and emotional, our personal relationships, our finances. Step no. 2: Identify the causes of mediocrity The rear view mirror syndrome Sometimes we are unable to perceive our life otherwise than how it has been up to now. To get over our past, we must stop looking behind us and begin to imagine a life without limits. We must accept that our past is not equal to our future and not be afraid to see things in a bigger way that we have been doing up to now. According to the Miracle Morning method, we have to talk ourselves into believing that anything is possible. The author advises us to repeat this in our heads every day. Even if we are not convinced at first, our subconscious will begin to absorb everything. Every time we hit the snooze button on our alarm clock, we are committing an act of resistance. Resistance towards the day to come and finally, towards our approach to transforming life. Starting our day in this state of resistance is a source of negative energy. Our state of mind in the morning also has a powerful impact on the way that we determine who we become, and in the end, affects our quality of life. Therefore, each time that we choose the easy solution instead of the necessary solution, we are shaping our identity and becoming the kind of person who takes the easy option. When we do what is necessary, we develop the discipline required to obtain extraordinary results in our life. The author also invites us to stop isolating incidents and to give priority to an overall vision of things. A lack of responsibility There is an irrefutable relationship between responsibility and success. On this topic, the author strongly recommends teaming up with a partner in responsibility. This gives us a person at our side who is also committed to making progress in life. With this partner, we can mutually support each other, encourage and empower each other. A mediocre circle of influence Research has shown that we resemble the five people with whom we spend the most time. That is why it is essential to improve our circle of influence and seek out people who will help to improve our life. The people around us should help us to get the best from ourselves. They must not allow their fears, their insecurities and their limited beliefs to hold back our potential. Absence of a sense of urgency The biggest cause of mediocrity and untapped potential is not sensing how urgent it is to improve and make our life better. This state of mind leads to a life of procrastination and regret. For the author, the present moment is more important than any other period in our life. What we do today is what determines the individual that we will become. The present moment will always determine the quality and direction of our existence. Step no. 3: Leave a trace To leave a trace is to be ready, starting now, to make the changes that will shape the life that you really want. Today is the most important day of your life. If you don't change now, your life will never change. Chapter 4: Why did YOU wake up this morning? Stop hitting the snooze button on the alarm clock Simply changing your conception of what it means to wake up can change everything. The absence of purpose To escape mediocrity, it is essential to establish a goal in life. This goal, whatever it may be, must stimulate us to get up every morning. We can change it at any time. In any case, it will evolve as we change. The fact of isolating incidents We must be aware that every thought, choice and act that we do during the rest of the day will turn out. People who find themselves in this state of mind do not enjoy the clarity, energy, motivation and spirit of people who wake up every morning with a purpose. How to wake up with more energy and enthusiasm! The amount of sleep we require varies from one person to another and depends on factors such as age, genetics, health, the amount of physical exercise, etc. According to Hal Elrod, how we feel when we wake up is not just based on how the number of hours of sleep. It also depends, and depends a lot, on the way we anticipate how we will feel when we wake up. The author explains that he tested several sleep times, telling himself, persuasively, before falling asleep, how he was going to feel the next morning. Once he told himself before going to bed that he was not going to get enough sleep and that he would wake up tired, that is precisely what happened. When he told himself that he was going to wake up in the morning full of energy, he systematically felt better when he woke up. The secret to making every morning Christmas morning The Miracle Morning involves recreating the experience of waking up feeling enthusiastic and filled with energy, every single morning in your life, regardless of how much you have slept. As an illustration, the author gives the example of the impatience that we felt as a child to wake up on Christmas morning. The idea is to get out of bed with a purpose, not because you have to, but because you sincerely want to. Chapter 5: The 5-step snooze proof wake up strategy How can you find the necessary motivation to wake up early when your wake up motivation level is 1 out of 10? In this part, Hal Elrod lays out the five snooze proof steps to make waking up, even waking up early, easier than ever. Step no. 1: Decide on your intentions before bedtime Our first thought in the morning is generally the same as the last one before going to bed. 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Here we touch the heart of Hal Elrod's concept. Hal Elrod noticed that we spend too much time thinking about the things that we have to do, without actually doing them. We all know what to do, but we don't act. Most people are so busy managing, conserving, or even surviving their circumstances that they don't take the time to focus on what is most important: their life. For the author, life is built around the following four dimensions: Physical (P): the body, health and energy; Intellectual (I): the mind, intelligence and thoughts; Emotional (E): emotions, sentiments and attitudes ; Spiritual (S): the soul and the invisible higher power that guides everything. The absence of purpose To escape mediocrity, it is essential to establish a goal in life. This goal, whatever it may be, must stimulate us to get up every morning. We can change it at any time. In any case, it will evolve as we change. 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