



MIRACLE MORNING



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The Miracle Morning

Starting your day with intention and with a good morning routine sets the foundations for the rest of your day.

You know i'm a huge fan of the 5am club, well, The Miracle Morning by Hal Elrod inspired me and these are his six steps into morning rituals.

Benefits of The Miracle Morning

SILENCE

Time for silence is a major contributor to a happier, more fulfilling, & productive life. This can be in the form of meditation or prayer.

Spending just a few minutes in silence can help us feel more grounded & connected to our true priorities. This is a chance to start your day off with clarity, calming your mind so that you're able to gain perspective & tap into what Hal describes as our "super-conscious" mind in his podcast about this subject, Hal quoted one of my favourite quotes of all time,

"We are not human beings having a spiritual experience, we are spiritual beings having a human experience."

Whatever form of silence you decide to practice, it's important to go somewhere with absolutely no distraction. This is hard to do at first, but I have found it gets easier the more you practice (and it helps to close your eyes...just don't fall back to sleep Ha!)

AFFIRMATIONS

Hal gives a 4 step process for creating affirmations.

First, write down what you want in your life. To narrow your focus, separate into different areas like business, health, relationships, lifestyle, etc.

Second, write down why you want those things. Often when writing your "Why's" you gain clarity on whether or not you actually want that thing you wrote down – this is the driving force behind those goals you created.

Third, write down what obstacles are preventing you from getting the things you want & how can you remove those obstacles.

Finally, write down what you are committed to doing EVERY DAY to achieve those goals. Once you create your affirmations, read these every single day & modify or change them if needed as your life moves forward.



VISUALIZATION

This is when you visualize the end result of something you want as if it has already happened. Visualize being at that place & the feelings that you have associated with it. Doing this transforms a desire/goal/dream that may currently be "cloaked in fear," as Hal describes, into a real possibility & helps you break through that fear & propel you forward toward achieving that goal.

After you've visualized the end result, then visualize the DAILY action that you must take to make your vision a reality. The key to this is to visualize the daily action in a positive light (you're smiling & enjoying the process).

An example that Hal gives is having a goal of writing a book. First, visualize people reading the book, smiling, enjoying it, sharing it, & having it influence their lives.

Then, think about the daily action of writing the book & visualize yourself enjoying the writing process, being inspired & having the ideas flow through you. That's just one example, but this principle can be applied to any goal!

Vision Boards are a fabulous tool to aid this.

EXERCISE

I think we all know the benefits of exercising, but there's something to be said for exercising in the morning, even if it's just a few minutes! Morning exercise gets more blood flow & oxygen to your brain & gets you in a peak mental, emotional, & physical state to tackle your day. My morning exercise of choice is yoga, but you can do anything that floats your boat! Remember, this does not have to be a long hard workout. Hal says that even just 1 minute of jumping jacks can have significant benefits for your brain

READING

Spending some time on personal development each morning is something that I strive to do. Hal suggests a few minutes of reading (something non-fiction for self growth) each morning, but I think that listening to audio books or podcasts can be lumped into this category too. Podcasts & audiobooks are great, because you can listen to them while you do another activity, like exercise, cooking breakfast, getting ready, or driving to work. However, there is something to be said about reading an actual book, so I've been trying to give myself a few minutes each day to read a good personal development book! Even if it's just a few pages each day, that practice compounds & eventually gives you a wealth of knowledge you wouldn't have otherwise had.

As part of this program, I already outlined the importance of having a morning routine, so this simplifies it for you.



WRITING

A lot of personal development experts say that the act of writing has a major effect on us. Hal suggests a journal called the "Five Minute Journal," which has a section for morning journaling & evening journaling.

The morning journal includes writing down 3 things you're grateful for, 3 things that would make today great, & 1 daily affirmation that you're committed to doing/practicing that day. The evening journal includes writing down 3 awesome things that happened that day (can be super simple things!) & writing how you could have made that day better. You can follow these guidelines or journal whatever you want.

So there you have it, all that before most people have even had a coffee... this is cementing your future ;)

Let me know how you get on with this.

Luce xx

