

Insights from *The Miracle Morning* by Hal Elrod

"Our levels of success will rarely exceed our level of personal development, because success is something we attract by who we become." – Jim Rohn

Here are six timeless personal development habits, if performed every morning, will create 'miraculous' changes in your life:



Silence

"If you want to immediately reduce your stress levels, to begin each day with the kind of calm, clarity, and peace of mind that will allow you to stay focused on what's most important in your life, and even dance on the edge of enlightenment—do the opposite of what most people do—start every morning with a period of purposeful Silence." – Hal Elrod

Instead of checking your phone and seeing what's happening in the world, check in with yourself by starting the day with a period of mindfulness. When you start the morning with either seated or walking meditation, you establish a calm and peaceful reference point for the remainder of the day. Think of your morning meditation like lighting an internal candle you use to find peace of mind during a noisy and chaotic day.



Affirmations

"It's the repetition of affirmations that leads to belief. Once that belief becomes a deep conviction, things begin to happen." - Muhammed Ali

Consider a transformation you want to make and phrase it as, "I __[your name]__ will be __[transformation]__." Repeat your affirmation out loud with intense conviction. Affirmation forms belief; belief leads to action; action leads to progress; progress strengthens belief.

"You must expect great things from yourself before you can do them." - Michael Jordan



Visualizing

Be like the Olympic downhill skier who imagines going down the mountain, executing each turn perfectly. Visualize yourself executing the work you need to do today to become the person you aspire to be. When you see yourself executing a task in your mind's eye you make the task easier to execute later in the day, because visualization fires and strengthens the same neural circuits you'll use to complete the task.

"During the months I spent writing *The Miracle Morning*, I would visualize myself writing with ease, enjoying the creative process, free from stress, fear, and writer's block." – Hal Elrod



Exercising

When you increase your heart rate with aerobic exercise, you trigger the release of neurochemicals (dopamine, norepinephrine, and BDNF), which significantly increases your ability to focus during the day. John Ratey, a researcher at Harvard Medical Schools, says, "A dose of exercise is like taking a bit of Ritalin."

"In order for man to succeed in life, God provided him with two means, education and physical activity. Not separately, one for the soul and the other for the body, but for the two together. With these two means, man can attain perfection." - Plato



Reading

After purposeful silence, affirmations, visualization, and exercise, your brain is hungry to learn – pick up a personal improvement book and start reading!

Whatever area of life you want to improve (relationships, health, finances, happiness), there is a book to guide you. Books are the richest source of high-quality, curated knowledge. Skim a book every morning to find one big idea that may advance your life.



Scribing

Write (aka: "scribe") down big ideas and brainstorm ways to use those ideas in your life. If, for example, you're getting ready for a performance review with your boss, write out a few salary negotiation techniques from a negotiation book and plan out exactly what you will say during the salary negotiation part of your performance review.

When you write down ideas and implementation plans ("when... then..."), you dramatically increase the odds you'll retain and act on the nuggets of wisdom you acquire.

"Focused, productive, successful mornings generate focused, productive, successful days - which inevitably create a successful life - in the same way, that unfocused, unproductive, and mediocre mornings generate unfocused, unproductive, and mediocre days, and ultimately a mediocre quality of life." - Hal Elrod