

Book

The miracle morning by Hal Elrod

Chapter 1 → It's time to wake up with your full potential.

"The biggest adventure you can ever take is to live the life of your dreams".

Chapter 2 → The miracle morning origin: Born out of desperation.

Chapter 3 → The 95% Reality check.

Think about the things you can do different than 95% of the people.

Chapter 4 → Why did you wake up this morning?

Condition your mind that you have completed the sleep you think required for you.
⇒ You will feel energetic.

Chapter 5 → The 5-step snooze-proof wake-up strategy (for the snoozeaholics)

Step 1 → Before bed, set your own intentions

⇒ Sleep by thinking positive.

Step 2 → Do not put your Alarm clock anywhere within your reach.

Step 3 → Brush your teeth and wash your face.

Step 4 → Hydrate yourself.

Step 5 → Exercise or shower

Chapter-6 → The Life Saver -

Six practices Guaranteed to save you from a life of unfulfilled potential :-

- S → Stands for Silence. (meditation)
- A → Affirmations → attracts positivity.
- V → Visualization
- E → Exercise
- R → Reading → new knowledge & ideas
- S → Scribbling or writing → write your thoughts.

Chapter-7 → The 6-minute miracle (for the busy people)

- Minute - 1 Shaant
- Minute - 2 → Affirmations read
- Minute - 3 → Visualize your goals
- Minute - 4 → Write 3 things for which you are grateful.
- Minute - 5 → Read book
- Minute - 6 → Body movement → Exercise

Chapter-8 → Customizing your Miracle meaning to fit your lifestyle and achieve your highest goals & dreams.

- Wake up & start time.
~~wake up~~
- When, why & what to eat.
- Why to eat.
- What you eat.
- water subhan utte hi
- fresh fruits & vegetables → healthy.

Date : / /

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Chapter 9: From unbearable to unstoppable

The real secret to forming habits that will transform your life (in 30 days)

Days [1-10] → Unbearable →
↓
✓

Days [11-20] = Uncomfortable → discipline, dedication

Days [21-30] → Unstoppable → most imp.