

Notes from the book, “The Miracle Morning” by Hal Elrod

Life S.A.V.E.R.S.

Life SAVERS are six morning practices that will help you reach your full potential.

Silence

Silence allows you to decrease stress and increase your self-awareness. You can meditate, pray or breath. And you can use silent time to set goals and priorities.

Affirmations

Use positive affirmations to give you confidence. This is something [Tony Robbins](#) also recommends and [Brian Tracey](#) recommends repeating “I’m the best”.

Visualization

Visualize the compelling, exciting future you want to create. And let that image drive you forward.

Exercise

Exercising will help you maintain your energy levels during the day. And of course, it will keep you healthier.

Reading

Elrod recommends 10 pages a day as a minimum goal.

Scribing

Write down your ideas for 5-10 minutes a day.

The 6 Minutes Morning

Ideally your morning routines should be around one hour, but the author also gives a shorter Miracle Morning routine.

Minute 1 – Total silence, breath and slow your mind.

Minute 2 – Daily affirmations

Minute 3 – Visualizing

Minute 4 – Write what you're grateful for and what you want to accomplish for the day

Minute 5 – Reading

Minute 6 – Exercise. Anything that will get your heart racing

Elrod recommends you do all of that before you eat, and recommends you eat plenty of fruits and vegetables (unless you want to lose weight: check the [4 hour body](#)).

The 30 Days Habit

The author says that The Miracle Morning needs to become a habit so that you will implement it naturally (also read [The Power of Habit](#)). Here's how the progress of making it an habit will look like:

Days 1-10: Unbearable

You might want to snooze your alarm, you will hate it it's far away and you won't want to exercise. Stick through it anyway.

Days 11-20: Uncomfortable

You're not yet used but it's not as hard anymore. You will require discipline but you're over the hump.

Days 21-30: Unstoppable

You start getting proud of what you've done and of your new routine. Now you really solidify your habit into your identity and they're here to stay.