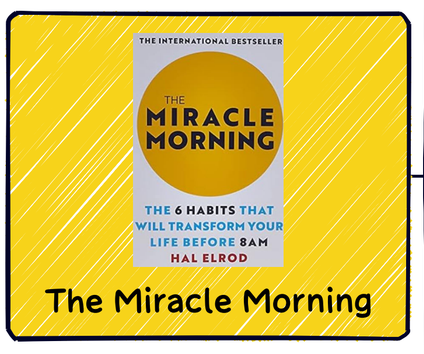

The Miracle Morning

- About
  - Author: Hal Elrod
    - MiracleMorning.com
  - Introduction
    - Car Accident
    - p.xxxiii. The degree you accept responsibility for everything in your life is the degree of personal power you'll have to change or create anything you want.
    - Blame vs Responsibility. Blame...who is at fault. Responsibility...who is committed to changing things.
    - Wherever you are right now in life...is both temporary...and right where you are supposed to be. Your life wasn't an accident. and you are right where you are supposed to be.
  - Wake Up to Full Potential
    - p.3-7. Creating a Level 10 life. Even Achievers...who are highly successful in one area, such as business, tend to settle for mediocrity in another area, such as their health, or relationships...or their faith.
    - There is nothing that says you have to settle in ANY area, just because most people do.
    - Concept of Level 10 Life
    - p.8 has great list of benefits of could expect to gain.
    - Number One Thing...who you are becoming...will determine your future...and the quality of life you could have.
    - Chapter 2: Born out of Desperation
      - Began Running...even though he hated running.
      - First Challenge...p17 is finding time. EVERYBODY wants to find more time.
      - Challenges of not doing morning...tired, time, and tangents.
      - Chose 6 activities...10 per activity.
      - He Chose: Meditating, Reading, Affirmations, Visualizatino, Journaling, Exercise.
    - Ch. 3: the 95% Reality Check
      - According to SSA, 100 people at start of careers, and track for 40 years: 1 will be wealthy. 4 will be financially secure. 5 will continue working. 34 will be dead. 56 will be broke and dependant upon family/friends/or government to take care of them.
      - Only 5% are financially secure.
      - 3 Steps.
        - 1. Acknowledge where we Are.
        - 2. The causes of mediocrity.
          - Rear view mirror syndrome...who we were is who we'll always be. We carry stress, failures, fears, and worry from our past.
          - Lack of Purpose...Ask people...what is your life purpose. Most people simply...survive.
          - Isolating Incidents...assumption that each individual bad choice is only standing by itself.
          - Lack of Accountability...life groups, AA, Groups are stronger together.
            - Every achievement kids under 18 make is largely thanks to accountability by parents.
          - Mediocre Circle of Influence
            - who we surround ourselves with.
          - Lack of Personal Development
            - Jim Rohn...basically...your level of success in every area of your life will largely parrallel your level of personal development.
            - Knowledge, skills, beliefs, habits.
          - Lack of Urgency
            - People die young. It was a blessing I had a stroke at age 44.
            - People live the Someday mindset. p.44. Perpetual, procrastinatin, unfulfilled potential, and regret.
        - 3. Draw Line in the Sand.
          - Same Actions will get Same Results.
- Ch. 4 - Why did you wake up this morning?
  - Seriously..."have" to go to work. "have" to let the dog out. "have" to get kids to school.
  - Change our tone...we "GET" to do something.
    - only a small percentage of people are living their dreams.
  - If not now, WHEN...p.51 good questions to ask yourself.
  - How to BELIEVE you need less sleep.
    - Completely sabotaging myself.
    - It didn't matter for him how much sleep he got, it was his beliefs. He has an affirmation on p.53.
  - Waking up feeling energized...like Christmas morning...ripping blankets off our bed. I believe it truly starts the evening before. Lay clothes out playing great music.
- Ch. 5 - 5 Steps to Being Snooze Proof.
  - Increase WUML - Wake Up Motivation Level
    - Set Intentions Before Bed.
      - First thought in AM is last thought in PM.
      - I can't believe I have to wake up in 6 hours...
    - Move Alarm clock across the room.
    - Brush Teeth
    - Drink Full Glass of Water
    - Put on Workout clothes.
    - Bonus: Set timer for bedroom lights to turn on.
    - Can download affirmations at: miraclemorning.com/resources
- Ch. 6 - 6 Life SAVERS
  - Silence
    - Which words describe our morning? Rushed, hectic, stressful, or chaotic. VERSUS: Calm, peaceful, rejuvenating. Meditation. or Prayer. or Reflection. or Deep Breathing. or Gratitude.
  - Affirmations
    - It's the repitition of affirmations that leads to belief. Once that belief becomes a deep conviction, things begin to happen...Muhammad Ali.
    - Our self talk is so critical in our life.
    - Create affirmations that change the proramming of our minds.
      - 1. What You Really want
      - 2. Why You want it.
      - 3. Who you are committed to being.
      - 4. What you are committed to doing to attain it.
      - 5. Add inspirational Quotes and Philosphies.
    - Be emotional about them!
  - Visualization
    - Use visuals to create impact.
    - Greatest gift we can give to people we love is to live to our full potential.
    - If you could be/do/have anything you want...what would it be...p78 pretty powerful questions.
    - Once done visualizing who you'd need to be...WHAT do you need to do? What actions does somebody take who is that.
  - Exercise
    - Q: The only exercise most people get is jumping to conclusions, running down their friends, sidestepping responsibility, and pushing their luck.
  - Reading
    - Begin with end in mind...why reading this?
  - Scribing
    - Basically...writing...but he needed a letter for the word SAVERS. :)
    - His Favorite is Journaling.
    - Helps with "Closing the Gap"
  - Breaks out 60 mins.
- Ch. 7 - 6 Minute Miracle Morning
  - Takes 1 minute for each Letter.
    - Doesn't recommend...but if there are days you are pressed for time.
- Ch. 8 - Customizing
  - Goal was to wake up 30-60 mins earlier to do the 6 things.
  - Overcoming procrastinations...do toughest first.
  - Discusses when, why, and what to eat.
  - Do it every day....benefit is habit.
- Ch. 9 - Secret to forming habits to transform your life.
  - Jim Rohn: Motivation is what gets you started. Habit is what keeps you going.
  - Your Life and where you are today...is largely a result of your habits.
    - No class in school called Habit Mastery 101.
  - How long does something take to be habit?
    - Not really based on number of days...but the number of times in a row of something.
    - His experience though is about 30 days on average with the right system.
  - 3 Phases
    - Days 1-10 Unbearable
    - Days 11-20 Uncomfortable
    - Days 21-30 Unstoppable
      - this is where the Transformation actually occurrs!!
      - Your identity changes...your belief system changes.
    - He put together a plan...to train for a marathon based on a book.
- Ch10 - 30 day challenge