THE MIRACLE MORNING

30 DAY CHALLENGE

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| ○ | ○ | ○ | ○ | ○ | ○ |
| ○ | ○ | ○ | ○ | ○ | ○ |
| ○ | ○ | ○ | ○ | ○ | ○ |
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THE MIRACLE MORNING

Level 10 Life

|  |  |
| --- | --- |
| *Area:* | *Rank your success in this area* |
|  | 1 2 3 4 5 6 7 8 9 10 |
| *What do I want?*  |
|   |
| *Why do I want it?* |
|  |
| *What am I committed to doing in order to get there?* |
|  |

|  |  |
| --- | --- |
| *Area:* | *Rank your success in this area* |
|  | 1 2 3 4 5 6 7 8 9 10 |
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|  |
| *Why do I want it?* |
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| *What am I committed to doing in order to get there?* |
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| *Why do I want it?* |
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| *What am I committed to doing in order to get there?* |
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| --- | --- |
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| *Why do I want it?* |
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| --- | --- |
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|  | 1 2 3 4 5 6 7 8 9 10 |
| *What do I want?*  |
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| *Why do I want it?* |
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| *What am I committed to doing in order to get there?* |
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| --- | --- |
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|  | 1 2 3 4 5 6 7 8 9 10 |
| *What do I want?*  |
|  |
| *Why do I want it?* |
|  |
| *What am I committed to doing in order to get there?* |
|  |

THE MIRACLE MORNING

Morning Routine

The key to a successful and fulfilling life is dedicating some time to improving yourself each day.

There are 6 steps we can take to improve ourselves during a dedicated morning routine called the Miracle Morning routine.

**Before you go to sleep:**

1. Affirm to yourself that you will wake up the next morning feeling refreshed, alert and ready to start your day. Look forward to the day!
2. Place your alarm clock far from your bed on the other side of the room.

**When you wake up:**

1. Go and brush your teeth and/or wash your face.
2. Drink a glass of water.

You are now ready to start the Miracle Morning routine.

The Miracle Morning Routine

**Customize the Miracle Morning to fit your specific needs!**

Take the 6 morning habits and fit them into your morning.

**My Miracle Morning Routine**

|  |  |
| --- | --- |
| **Time** | **Activity** |
| **From** | **Until** |
|  |  | Sit in silence |
|  |  | Recite your affirmations |
|  |  | Visualize your day going perfectly |
|  |  | Exercise |
|  |  | Read |
|  |  | Write |

DAY 1 Date:

|  |  |
| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 2 Date:

|  |  |
| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| --- | --- |
| **Lessons Learned** | **New Commitments** |
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DAY 3 Date:

|  |  |
| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 4 Date:

|  |  |
| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 5 Date:

|  |  |
| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 6 Date:

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| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 7 Date:

|  |  |
| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 8 Date:

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| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 9 Date:

|  |  |
| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 10 Date:

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| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 11 Date:

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| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 12 Date:

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| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 13 Date:

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| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 14 Date:

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| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 15 Date:

|  |  |
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| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 16 Date:

|  |  |
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| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 17 Date:

|  |  |
| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 18 Date:

|  |  |
| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 19 Date:

|  |  |
| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 20 Date:

|  |  |
| --- | --- |
| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 21 Date:

|  |  |
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| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 22 Date:

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| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 23 Date:

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| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 24 Date:

|  |  |
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| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 25 Date:

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| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 26 Date:

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| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 27 Date:

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| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 28 Date:

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| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 29 Date:

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| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

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| **Lessons Learned** | **New Commitments** |
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DAY 30 Date:

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| **Done?** | **Morning Habit** |
| [ ]  | Sit in silence |
| [ ]  | Recite your affirmations |
| [ ]  | Visualize your day going perfectly |
| [ ]  | Exercise |
| [ ]  | Read |
| [ ]  | Write |

Daily Journal

|  |  |
| --- | --- |
| **Lessons Learned** | **New Commitments** |
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