

# THE MIRACLE MORNING

## 30 DAY CHALLENGE

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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# THE MIRACLE MORNING

## Level 10 Life

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

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

<b>Area:</b>	<i>Rank your success in this area</i>
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	<i>Why do I want it?</i>
	<i>What am I committed to doing in order to get there?</i>

# 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
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 2 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 3 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments



DAY 4 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 5 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 6 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 7 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 8 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 9 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 10 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 11 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments



DAY 12 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 13 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 14 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 15 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 16 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 17 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 18 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 19 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments



DAY 20 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 21 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 22 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 23 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 24 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 25 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 26 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 27 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments



DAY 28 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 29 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments

DAY 30 Date: \_\_\_\_\_

Done?	Morning Habit
<input type="checkbox"/>	Sit in silence
<input type="checkbox"/>	Recite your affirmations
<input type="checkbox"/>	Visualize your day going perfectly
<input type="checkbox"/>	Exercise
<input type="checkbox"/>	Read
<input type="checkbox"/>	Write

### Daily Journal

Lessons Learned	New Commitments