

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