

THE BIG IDEAS

Taking Life Head On

Is the only way to roll.

Writing a Good Story

Includes big challenges!

Why Mornings?

Because they're super important.

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

Are miraculously awesome.

S Is for Silence

The secret sauce.

A Is for Affirmations

Rewire through repetition.

V Is for Visualizations

See yourself performing.

E Is for Exercise

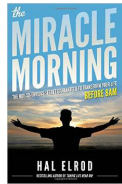
You exercising?

R is for Reading

And S is for Scribbling!

Habits 101

Unbearable to unstoppable.



The Miracle Morning

The Not-So-Obvious Secret Guaranteed to Transform Your Life Before 8 AM

BY HAL ELROD · HAL ELROD © 2014 · 140 PAGES

“Whether you want to make significant improvements in just a few key areas, or you are ready for a major overhaul that will radically transform your entire life—so your current circumstances will soon become only a memory of what was—you’ve picked up the right book. You are about to begin a miraculous journey, using a simple, but revolutionary process that is guaranteed to transform any area of your life... all before 8:00 am.”

~ Hal Elrod from *The Miracle Morning*

Hal Elrod is an inspiring guy.

At 20 years old he was hit head on by a drunk driver. At 70 mph. (Ouch.)

He was found dead. (Yikes.) After 6 minutes of that (near-)death experience, he spent several days in a coma and awoke to discover he had suffered brain damage and was told that he may never walk again. He defied the odds and proved we’re all capable of overcoming obstacles while creating the life of our dreams. (Amazing.)

Years later, he found himself in a funk and discovered *The Morning Miracle*. And, here we are!

One of my dear friends (thanks, Zac!) recommended this book and I’m glad he did. It’s fantastic.

If you’ve been looking to jump start your life—or just take it to the next level—there’s no better place to start than by dialing in your morning routine and Hal is the perfect guide to help us discover the “not-so-obvious secrets” to rockin’ it before 8:00 am!

The book is packed with Big Ideas. Hal does a really (!) good job of helping us architect our miracle mornings—whether that’s a 6-minute plan to start or 60. In this Note, I’m going to focus on a handful of my favorite Big Ideas. If you’re feelin’ it, get the book ([here](#)) for a deeper dive and connect with Hal at [miraclemorning.com](#).

For now, let’s jump straight in!

TAKING LIFE HEAD ON

“I believe it is crucial for us to embrace the perspective that anything another person has overcome or accomplished is simply evidence that anything—and I mean *anything*—we need to overcome or want to accomplish is possible for us, no matter what our past or current circumstance. It begins with accepting total responsibility for every aspect of your life and refusing to blame anyone else. The degree to which you accept responsibility for *everything* in your life is precisely the degree of personal power you have to change or create *anything* in your life.”

Step 1. We need to take COMPLETE responsibility.

Challenging things happen. Weird things happen in life. (Like getting hit by a drunk driver head on at 70 mph.) We can’t control that. That’s just part of the deal.

“Every day, think as you wake up, ‘Today I am fortunate to have woken up, I am alive, I have a precious human life, I am not going to waste it. I am going to use all my energies to develop myself, to expand my heart out to others. I am going to benefit others as much as I can.’”

~ Dalai Lama

"There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle."

~ Albert Einstein

We CAN, however, choose how we will RESPOND to those challenges.

As Hal tells us, it *all* starts with taking absolute responsibility for how we respond to life. Period.

And I just love the way he describes the fact that anything another person has overcome or accomplished is evidence that WE can overcome and/or accomplish the same things.

Marcus Aurelius echoes this wisdom. He tells us: *"Because a thing is difficult for you, do not therefore suppose it beyond mortal power. On the contrary, if anything is possible and proper for a man to do, assume that it must fall within your own capacity."*

Joseph Campbell echoes the power of taking our challenges head on as well. He tells us: *"There is an important idea in Nietzsche, of Amor fati, the 'love of your fate,' which is in fact your life. As he says, if you say no to a single factor in your life, you have unraveled the whole thing. Furthermore, the more challenging or threatening the situation or context to be assimilated and affirmed, the greater the stature of the person who can achieve it. The demon that you can swallow gives you its power, and the greater life's pain, the greater life's reply."*

Here's to loving our fate, swallowing demons and getting its power and taking life head on!

WRITING A GOOD STORY

"Always remember that when you are committed to a life purpose that is bigger than your problems, your problems become relatively insignificant and you will overcome them with ease."

~ Hal Elrod

"Know that wherever you are in your life right now is both temporary, and exactly where you are supposed to be. You have arrived at this moment to learn what you must learn, so you can become the person you need to be to create the life you truly want. Even when life is difficult or challenging—especially when life is difficult and challenging—the present is always an opportunity for us to learn, grow, and become better than we've ever been before.

You are in the process of writing your life story, and no good story is without a hero or heroine overcoming their fair share of challenges. In fact, the bigger the challenges, the better the story. Since there are no restrictions and no limits to where your story goes from here, what do you want the next page to say?"

That. Is. Awesome.

Watch a good movie lately? Did the hero/heroine face any challenges?

OF COURSE THEY DID.

It's the challenges and the process of overcoming them that makes any great story great.

Guess what? The same holds true for our lives. We need to quit telling ourselves that a great life always goes perfectly. The great life is one in which we dare greatly, are willing to be in the arena, get knocked down, get back up and give it our best shot. Again. And again. And again.

Remember, we're the author of our own hero's/heroine's journey.

What will the next page of *your* wonderful adventure say?! :)

WHY MORNINGS ARE SO IMPORTANT

"How you wake up each day and your morning routine (or lack thereof) dramatically affects your levels of success in every single area of your life. Focused, productive, successful mornings generate focused, productive, successful days—which inevitably create a successful life—in the same way that unfocused, unproductive, and mediocre mornings generate unfocused, unproductive, and mediocre days, and ultimately a mediocre quality of life. By simply changing the way you wake up in the morning, you can transform any area of your life, faster than you ever thought possible."

"Never forget that who you are becoming is the single most important determining factor in your quality of life, now and for your future."

~ Hal Elrod

Want to have a great day? (And therefore a great week + month + year + life?)

Start with a great morning.

Want to have a mediocre day? (And therefore a mediocre week + month + year + life?)

Start with a mediocre morning.

It really IS that simple.

You can't have a truly extraordinary day/life if you're starting every.single.day off lethargic and rushed and stressed. (Sorry to break it to you. :)

Mornings are where the magic begins.

Now let's look at some of Hal's *Life S.A.V.E.R.S.* to help us create some miracles!

THE MIRACLE MORNING LIFE S.A.V.E.R.S.

"In order to save your *Level 10* life from being neglected and limited by the demands of your life situation—which ultimately leads to a life of regret, unfulfilled potential, and even mediocrity—you must prioritize and dedicate time each day to your personal development. Enter *The Miracle Morning Life S.A.V.E.R.S.*—a set of six simple, *life-enhancing, life-changing* daily practices, each of which develops one or more of the *physical, intellectual, emotional, and spiritual* aspects of your life, so that you can become who you need to be to create the life you want."

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

= a set of six simple daily practices that help us rock it.

They are:

- *Silence*
- *Affirmations*
- *Visualization*
- *Exercise*
- *Reading*
- *Scribing*

= Magic.

Let's take a (super) quick look at each!

THE SECRET SAUCE OF SILENCE

"In the attitude of silence the soul finds the path in a clearer light, and what is elusive and deceptive resolves itself into crystal clearness."

~ Mahatma Gandhi

"If you want to immediately reduce your stress levels, to begin each day with the kind of calm, clarity, and peace of mind that will allow you to stay focused on what's most important in your life, and even dance on the edge of enlightenment—do the opposite of what *most people* do—start every morning with a period of purposeful Silence.

The life-enhancing benefits of Silence have been well documented throughout the ages. From the power of prayer, to the magic of meditation, some of the greatest minds in history have used purposeful Silence to transcend their limitations and create extraordinary results."

Silence.

It's the secret sauce of awesome. (Seriously. :)

How are you going to connect to that power that's bigger than you if you're always (!) filling yourself up with stimulation and noise? (Answer: You're not.)

We need to slow down, take some time for silence, and allow ourselves to connect to something bigger than ourselves.

Every.Single.Morning.

Hal goes into detail about the various ways we can experience silence (meditation, prayer, etc.). Check out the book for more.

For now, know that starting from *that* place is the first step in making your morning a miracle! The next?

AFFIRMATIONS

"It's the repetition of affirmations that leads to belief. Once that belief becomes a deep conviction, things begin to happen."

~ Muhammad Ali

"You can use affirmations to start programming yourself to be confident and successful in everything you do, simply by repeatedly telling yourself who you want to be, what you want to accomplish and how you are going to accomplish it. With enough repetition, your sub-conscious mind will begin to believe what you tell it, act upon it, and eventually manifest it in your reality.

Putting your affirmations in writing makes it possible for you to choose your new programming so it moves you towards that desired condition or state of mind by enabling you to consistently review it. Constant repetition of an affirmation will lead to acceptance by the mind, and result in changes in your thoughts, beliefs, and behaviors. Since you get to choose and create your affirmations, you can design them to help you establish the thoughts, beliefs, and behaviors that you want and need to succeed."

A is for Affirmations!

We need to reprogram our minds.

And affirmations are a stellar way to help us do that. They're kinda like the Western version of "mantras" which comes from the Sanskrit word that literally means "mind tools."

We need to get in there and tighten the screws on the good stuff. :)

In *With Winning in Mind* (see Notes), Lanny Bassham talks about the importance of directing our Conscious minds to reprogram our Subconscious minds. He tells us we have decades of "imprints" and need to create a ton of NEW imprints of the type of person we aspire to be if we want to change—while affirming that it's "like you" to do the right thing.

Affirm who you aspire to be again and again and again.

And, every morning. :)

V IS FOR VISUALIZATION

"Ordinary people believe only in the possible. Extraordinary people visualize not what is possible or probable, but rather what is impossible. And by visualizing the impossible, they begin to see it as possible."

~ Cheri Carter-Scott

"Visualization, also known as *creative visualization* or *mental rehearsal*, refers to the practice of seeking to generate positive results in your outer world by using your imagination to create mental pictures of specific behaviors and outcomes occurring in your life. Frequently used by athletes to enhance their performance, visualization is the process of imagining exactly what you want to achieve or attain, and then mentally rehearsing what you'll need to do to achieve or attain it."

Genius.

Note: Hal doesn't tell us to just visualize the *outcomes* we want. (Those are nice but focusing on that is not enough.)

We need to mentally rehearse **WHAT WE WILL DO** to achieve or attain those outcomes.

Too often we get too distracted by the vision board and forget that we need to spend the majority of our time imagining the things we will do to rock it.

DC Gonzalez calls it “Imagineering” in his great little book *The Art of Mental Training* (see Notes). Here’s how he puts it: *“Imagineering — the technique of showing our minds how we want things to go, and a term first made famous by the legendary dreamer, Walt Disney. We should all take his advice and allow ourselves to practice sensory rich Imagineering. Champions use Imagineering prior to their events. It’s also often used by people in order to help them achieve successful completion of a project or an important goal over time. This simple practice has been proven to be so essential and so effective that the athlete who fails to practice this technique apparently never plays to his true potential. (Interestingly, the same results have been observed with actors and musicians as well.) For performance of any kind, mental preparation is as important as physical training. So, if you leave “Imagineering” out of your preparation, you will be hurting yourself and helping your opponent.”*

So, back to *you*.

What’s *your* ideal performance look like?!

Let’s get our Visualization on!! (Every morning! :)

E IS FOR EXERCISE

“If you don’t take time for exercise, you’ll probably have to make time for illness.”

~ Robin Sharma

“Morning exercise should be a staple in your daily rituals. When you exercise for even a few minutes every morning it significantly boosts your energy, enhances your health, improves self-confidence and emotional well-being, and enables you to think better and concentrate longer.”

Exercise.

Exercise.

Exercise.

As we discuss all.the.time., it’s huge.

Remember leading Harvard scientists tell us *not* exercising is like taking a depressant. And that exercising is kinda like taking a little bit of Ritalin and a little bit of Prozac—it sharpens our attention and boosts our mood. Those are good things. :)

One of my biggest takeaways from the book was to prioritize my exercise for the mornings. I had been doing it in the afternoons and it’s been *awesome* to create an AM slot to rock it.

You?

R IS FOR READING

“Reading is to the mind what exercise is to the body and prayer is to the soul. We become the books we read.”

~ Matthew Kelly

“Reading, the fifth practice in the *Life S.A.V.E.R.S.*, is the fast track to transforming any area of your life. It is one of the most immediate methods for acquiring the knowledge, ideas, and strategies you need to achieve *Level 10* success in any area of your life.

The key is to learn from the experts—those who have already done what you want to do. Don’t reinvent the wheel. The fastest way to achieve anything you want is to *model* successful people who have already achieved it. With an almost infinite amount of books available on every topic, there are no limits to the knowledge you can gain through daily reading.”

Reading. It’s a (very) good thing. :)

I (obviously) read a TON. I always like to imagine that I’m sitting down for a cup of tea with a brilliant (!) human being who spent a year or three articulating their absolute best ideas into an awesome little book. What a gift!

Hal recommends 10 pages per day. That’s 10-15 minutes. Every day. That = 18 (!) books! Little things add up when we do them consistently over time. (So, lets!)

*“Remember, the moment you accept total responsibility for *everything* in your life is the moment you claim the power to change *anything* in your life.”*

~ Hal Elrod

P.S. May I suggest including PhilosophersNotes in your daily reading rhythm? Great way to get the essence of a great book in quick little burst! Do that daily and you’ll get thru the best Ideas from hundred of books. (Yayuh!)

P.P.S. The final “S” is for “Scribing.” Aka writing in a journal! :)

HABITS 101

“Considering that our habits create our life, there is arguably no single *skill* that is more important for you to learn and master than controlling your habits. You must identify, implement, and maintain the habits necessary for creating the results you want in your life, while learning how to let go of any negative habits which are holding you back from achieving your true potential.”

Amen to that.

Hal has a GREAT chapter outlining the three phases of habit creation—each 10 days (or so) long.

First, the new habit is UNBEARABLE. It’s a pain. We don’t like doing it. At all. But we persist.

The second phase is UNCOMFORTABLE. It’s not quite as bad as the first phase but not quite awesome. Yet.

The third phase is when we become UNSTOPPABLE. We feel the benefits of engaging in the habits, don’t need to use so much willpower to get ourselves to do them and are now UNSTOPPABLE. #bam!

So, here’s to creating the habits that will change our lives. And starting by making each morning another miracle!

B

Brian Johnson,
Chief Philosopher

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you’ll probably like...

Superhuman By Habit
Spartan Up!
Mastery
The Power of Myth

About the Author of “The Miracle Morning”

HAL ELROD



At age 20, Hal Elrod was hit head on by a drunk driver at 70 mph, was dead for 6 minutes, and woke up after 6 days in a coma to find that he had 11 broken bones and permanent brain damage. Doctors said he may never walk again. Not only did Hal walk, he bounced back to become a 52-mile “Ultra” Marathon runner, a hall of fame business achiever, international Keynote Speaker, Success Coach, hip-hop recording artist, and multiple time #1 bestselling author. Learn more and connect with Hal at: www.HalElrod.com.

About the Author of This Note

BRIAN JOHNSON



Brian Johnson loves helping people optimize their lives as he studies, embodies and teaches the fundamentals of optimal living—integrating ancient wisdom + modern science + common sense + virtue + mastery + fun. Learn more and optimize your life at brianjohnson.me.