

HAL ELROD PRESENTS...



**THE MIRACLE MORNING™
30-DAY LIFE TRANSFORMATION
C H A L L E N G E**

FAST-START KIT

JUST 30 DAYS TO **BECOME
THE PERSON YOU NEED TO
BE TO CREATE THE LIFE
YOU DESERVE**

WELCOME LETTER FROM HAL ELROD

Welcome to *The Miracle Morning™ 30-Day Life Transformation Challenge*, and congratulations on having the courage to take this meaningful step toward creating the “Level 10” life you truly want—and deserve. Our first step towards the next level of personal and professional success is usually the most difficult to take, but it’s almost always the most important. So, I honor you for being here now.

During the next 30 days, you will be building a foundation for success in every area of your life, that will change the direction of your life. By waking up each morning and practicing *The Miracle Morning™* you will begin each day with an extraordinary level of **discipline** (the crucial ability to get yourself to follow through with your commitments), **clarity** (the power you’ll generate from focusing on what’s most important to you), and **personal development** (perhaps the single most determining factor in your overall success, happiness, and quality of life). In other words, during the next 30 days you’ll find yourself quickly *becoming the person* you need to be to create the life you truly desire.



You’ll also be transforming *The Miracle Morning™* from a series of concepts you read in the book, which you’re probably inspired (and possibly a bit nervous) to try, into a lifelong habit—one that will enable you to continuously take yourself and your life to the next level... and the level after that... and so on. You’ll begin fulfilling your *unlimited* potential and seeing results in your life far beyond what you’ve ever experienced before.

In addition to developing successful **habits**, you’ll also be developing the **mindset** you need to improve your life—both internally and externally. By practicing the **Life S.A.V.E.R.S.™** each day, you’ll be experiencing the physical, intellectual, emotional, and spiritual benefits of **Silence, Affirmations, Visualization, Exercise, Reading, and Scribing**. You’ll immediately feel less stressed, more centered, focused, happier and more excited about your life. You’ll be generating more energy, clarity and motivation to move towards your highest goals and dreams (especially those you’ve been putting off far too long!)

Remember, your life situation can and will improve, but only *after* you invest time each day to develop yourself into the person you need to be to improve it. That’s exactly what these next 30 days of your life can be—a new beginning, and a new you.

HAVE NO FEAR: YOU CAN DO THIS!

If you’re feeling hesitant, or concerned about whether or not you will be able to follow through with this for 30 days, relax—it’s completely normal to feel that way. This is especially true if waking up in the morning is something you’ve found challenging in the past. Remember, we all suffer from RMS (*Rearview Mirror Syndrome*). So, it’s not only expected that you would be a bit hesitant or nervous, but it’s actually a sign that you’re really *ready* to commit (otherwise you wouldn’t be nervous!)

Personally, I’m excited for you, because I *know* who you can become and how much growth you can experience in just 30 days. The next 30 days are about you opening yourself up to what’s *really* possible—venturing out of your comfort zone and being pleasantly surprised by what happens when you do. You are capable and deserving of EVERYTHING you want for your life, but it’s up to you. Now is YOUR time to begin realizing and tapping into your full potential.

Your friend (and Coach) for
Creating a Miraculous Life...

“Yo Pal” Hal Elrod

P.S. Before going on to the next page, I encourage you to download and print **TMM Sample (2013) Journal** at TMMBook.com (to use during *TMM 30-Day Challenge*) and to join *TMM Community* at www.MyTMMCommunity.com.

— STEP #1 —
CLARITY QUESTIONS

“Where you are is a result of who you were. But where you go depends entirely on who you choose to be.”

[Gaining Clarity: Using Quality Questions to Prepare Your Mindset] Remember: we’re talking about “Life Transformation” (in 30-days) here, and like anything else in life that’s worthwhile, getting the most out of *The Miracle Morning™ 30-Day Life Transformation Challenge* will require a bit of preparation on your part. It’s important that you invest some intentional time (approximately 30-60 minutes) to complete these initial exercises beginning with thoughtfully answering these 5 Clarity Questions. The more attention you give to this part of the process, the more value you’ll gain from every other step.

CQ1: Which Aspects of Your Life Can You Be (More) Grateful For and Present To?

Our happiness and emotional well being, in any moment, can be directly linked to the amount of gratitude that we are consciously present to and allow ourselves to experience. Think of it this way: every single one of us has two (metaphorical) pages that we can focus on at any given moment. One page lists everything we have to feel “bad” about, and the other lists everything we have to feel “good” about and be GRATEFUL for. Unhappy people often defend their negativity and complain by saying something along the lines of, “I’m not being negative, I’m just being realistic.” Really? How is it anymore realistic for a person to *choose* to spend most of their time focusing on, dwelling on, and complaining to others about everything on their “Bad” page, than for you and I to make the choice to invest the majority of our time (I’m talking 95-99%) focusing on, being grateful for, and telling others about everything on our “Good... Great... Excellent!” page? It’s not. Both are equally realistic, but which one you choose to focus on (most of the time) determines your internal quality of life. The more often (and more *deeply*) you allow yourself to *feel* authentically grateful for every aspect of your life (even for your challenges and what you can learn and how you will grow from them) the happier, healthier, and more energized you will feel! So, I invite you to invest just a few minutes listing (and the feeling) some of the things that you have to be grateful for...

CQ2: What Do You Want To Begin Improving/Transforming During the Next 30 Days?

If you could miraculously wake up tomorrow and any area of your life could be transformed, what would you change? *Would you be happier? Healthier? More successful? In better shape? Would you have more energy? Less stress? More money? Which of your problems would be solved? Which of your goals or dreams would you be on your way to achieving?* The great news is you *can* begin transforming any area of your life, so be specific...

CQ3: Which Fears Are Holding You Back From Achieving Your “Level 10” Life?

Often times, it is our deepest fears (which are usually below the surface and we don’t give much thought to) that are holding us back from going to the *next level* and achieving everything we want in our personal or professional lives. While most of us would prefer to NOT focus on our fears (because it’s usually no fun thinking about or acknowledging what we’re afraid of), doing so is absolutely crucial to overcoming them. You may have heard it said: “*There is nothing to fear but fear itself.*” Or, “*Face the fear, and the fear will disappear.*” You may have also heard this acronym for F.E.A.R. – *False Evidence Appearing Real*. All of these are true. Fear disappears in the midst of doing what we’re afraid of, because our fear is almost always of the *unknown* or the *worst possible scenario* (which almost *never* comes true) rather than anything tangible. So, be vulnerable here—no one’s looking. Be honest with yourself—possibly more honest than you’ve ever been before—about what fears, insecurities, and/or doubts are holding you back from achieving everything you’ve ever wanted for your life...

CQ4: Which Beliefs Do You Need To Adopt To Be Able To Create Your “Level 10” Life?

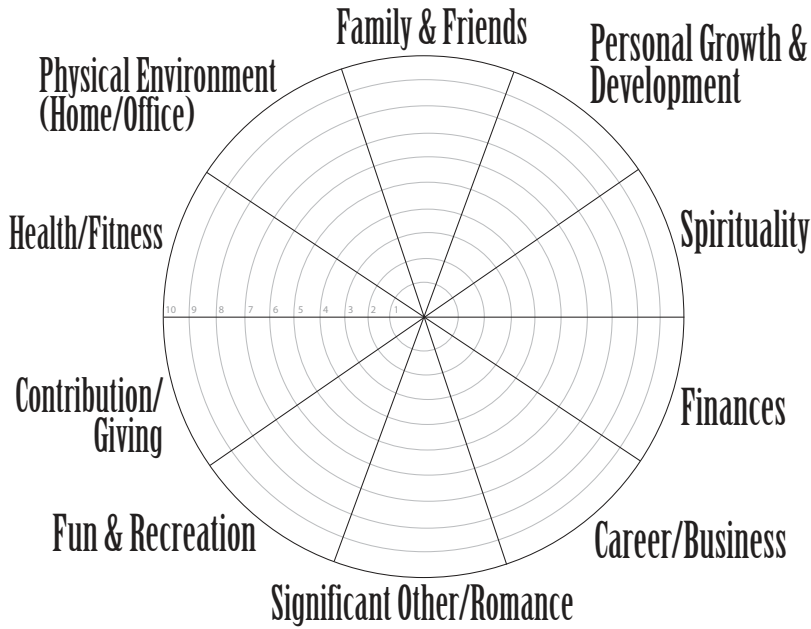
Belief is the most powerful and creative force in the universe, which is possessed by every human being. Every aspect of our lives—good or bad, both internally and externally—are born from our beliefs. If you believe, truly believe, that you are capable of achieving success in an endeavor, you will pursue it *until* you achieve it. On the other hand, if one does not *truly* believe that being successful is their right, then they will give up at the first sign of an obstacle. If you believe you are deserving of love, you will inevitably attract it. If you don’t, you won’t. If you believe people are generally good, you will find the good within them. If you think people are out to get you, they will. It is crucial that you consciously and actively reinforce the beliefs that will support you in confidently pursuing everything you want for your life. Napoleon Hill, author of the classic book, *Think & Grow Rich* said, “*Whatever the mind can conceive and BELIEVE, it can achieve.*” So true. So, what beliefs do you need to reinforce on a daily basis to remind you that you’re just as worthy, deserving, and capable of creating the life you want, as any other person?

CQ5: Why Is It a “MUST” For You To Start Transforming Your Life—*Right Now*?

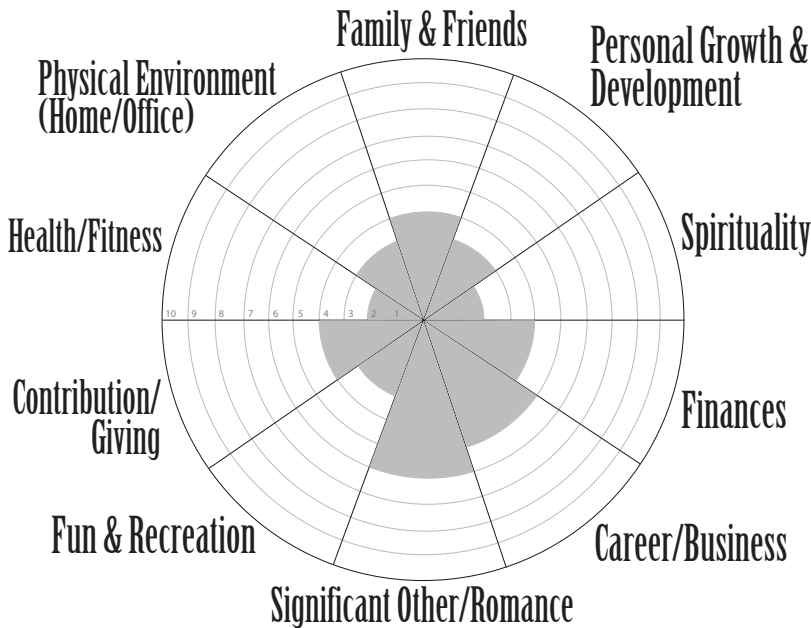
This is a question I make every “prospective” (Life/Success) Coaching client that I’m ever considering working with answer. I tell them, “It’s important for you to convince me *and yourself* WHY you’re ready to commit to doing whatever it takes to create what you *really* want for your life, at a level you’ve never been committed to before.” So, why are YOU no longer willing to settle for less than you truly want and are capable of? Why is NOW your time?

— STEP #2 —
“WHEEL OF LIFE” ASSESSMENT

[Wheel of Life Assessment: Getting Clear On Your Current Levels of Success and Satisfaction] If we’re measuring our levels of success/satisfaction in any area of our lives, we all want to be living our best lives at a “Level 10” in each area. Creating your “Level 10 Life” begins with creating an honest assessment of where you are. On a scale of 1-10 (starting in the center at “0”), rate your current levels of success/satisfaction in each area, and color in the space between “0” and your rating (See the Finished Example, below). Once completed, you should have a clear picture of which areas you’re doing well in, and which areas you need to focus on during the next 30 days to create your Level 10 Life.



FINISHED EXAMPLE



— STEP #3 —
YOUR “LEVEL 10” VISION

"Make bold moves toward your dreams each day, refuse to stop, and nothing can stop you."

[Your “Level 10” Vision: Getting Clear On Your Ideal Conditions for Each Area of Your Life] Now that you’ve used the Wheel of Life to honestly assess your current levels of success and satisfaction in 10 key areas of your life, the next step in creating your Level 10 Life is to thoughtfully define it. Use the space below to describe your vision for your Level 10 Life, so that you can immediately begin taking your initial steps toward creating it during *The Miracle Morning™ 30-Day LT Challenge*. Remember: You have the power to change or create anything in your life—one step (and one day) at a time.

[Family & Friends] Describe your “Level 10” vision for your your relationships with Family & Friends. How can you add more value to their lives? How do you want them to treat, encourage, and support you? How can you be a better friend, parent, spouse, sibling, son, daughter, etc?

[Personal Growth & Development] Describe “Level 10” Personal Growth for you. How many books do you want to read? How many days a week do you want to do *The Miracle Morning*? Do you want to work with a mentor? Hire a professional Coach? Which seminars do you want to attend?

[Health & Fitness] Describe what “Level 10” Health & Fitness is for you? What will you eat? What won’t you eat? How often do you want to exercise? How will you feel? Describe the amount of physical energy that you want?

[Finances] Describe your “Level 10” Financial situation. How much money do you want to make? Save? Donate to charity? Which of your financial problems would be solved? Describe the freedom and lifestyle that you want for you and your loved ones.

[Career/Business] Describe your “Level 10” professional life. What do you want to do? Whom do you want to work with? Where do you want to work? (Home, office, travel, etc.) How many people do you want to impact? Do you have a dream of starting a business, writing a book, etc? What do you *really* want?

[Physical Environment] Describe your “Level 10” living and working environment. Where do you want to live? What needs to be changed? How will you feel spending every day in your “Level 10” Physical Environment?

[Fun & Recreation] Life is meant to be enjoyed, so describe your idea of “Level 10” Fun & Recreation. What are some of your favorite hobbies? Passions? Which activities do you want to do more of?

[Significant Other/Romance] Describe your “Level 10” relationship with your current (or yet-to-be-determined) significant other. What do you want? More importantly: How can YOU *be the person* that will attract the love and romance that you want?

[Contribution/Giving] Describe what a “Level 10” means to you. How important is helping others? How much time, money, and/or resources do you want to give back? To which groups of people or organizations do you contribute?

[Spirituality] Describe what “Level 10” Spirituality looks like in your life. How much time would you like to spend in *Silence* each day? How often do you want to attend church? How would you improve your relationship with God?

– STEP #4 –
“LEVEL 10” HABITS

“An extraordinary life is all about daily, continuous improvements in the areas that matter most.”
–Robin Sharma

[“Level 10” Habits: Establishing Daily Practices That Will Make Your Success Inevitable] As detailed in *Chapter 9* of *The Miracle Morning™* book, *From Unbearable To Unstoppable*, you can establish or change any habit in 30 days, and your levels of success in every area of your life will almost always be a result of your habits. Identify 1-2 “Level 10” Habits in each area that you can begin establishing during *TMM 30-Day LT Challenge*.

[Family & Friends] Which habit(s) can you establish NOW that will create “Level 10” relationships with family & friends? Is it calling one person each day to ask how you can add value to their life? Or to tell them how much they mean to you?

- 1. _____
- 2. _____

[Personal Growth & Development] Which habit(s) can you establish NOW that will help you to develop the mindset, knowledge, and skills to become the person you need to be to create the “Level 10” life you deserve? While *The Miracle Morning™* is an obvious answer, what else can you do? How about listening to self-help audios in the car? Anything else?

- 1. _____
- 2. _____

[Health & Fitness] Which habit(s) can you establish NOW that will make you healthy & fit? Daily run? Gym? No fast food?

- 1. _____
- 2. _____

[Finances] Which habit(s) can you establish NOW that will begin moving you toward financial freedom? Save 10%? Spend less?

- 1. _____
- 2. _____

[Career/Business] Which habit(s) can you establish NOW to move toward your “Level 10” career/business?

- 1. _____
- 2. _____

[Physical Environment] Which habit(s) can you establish NOW to improve your environment? Daily organizing? Redecorating?

- 1. _____
- 2. _____

[Fun & Recreation] Which habit(s) can you establish NOW that will make your life more FUN? Favorite hobbies? Activities?

- 1. _____
- 2. _____

[Significant Other/Romance] Which habit(s) can you establish NOW to attract or create your “Level 10” relationship?

- 1. _____
- 2. _____

[Contribution/Giving] Which habit(s) can you establish NOW to contribute more? Set up a small recurring monthly financial donation to a charity? Donate your time each week? Become a Big Brother or Big Sister? What resonates with you?

- 1. _____
- 2. _____

[Spirituality] Which habit(s) can you establish NOW to deepen or enhance your Spirituality? Daily prayer? Meditate? Church?

- 1. _____
- 2. _____

— STEP #5 —
THE (30-DAY) TRANSFORMATION TRACKER

[The 30-Day Transformation Tracker: Creating Consistency By Tracking Your Progress Every Day] To get off to a “Fast-Start” with *The Miracle Morning™* it is important that you begin by experiencing the FULL Miracle Morning, including all 6 of the *Life S.A.V.E.R.S™* practices for accelerated personal development, and track your progress each day. In addition to the 6 *Life S.A.V.E.R.S™* (included below), choose 4 of your “Level 10” Habits from the previous page that you want to establish during the next 30 days, which will make the most significant improvements in the areas you feel will make the biggest impact in your life. There is a huge benefit that comes from tracking your progress, as it is an excellent form of accountability and gives you positive, tangible reinforcement every time you follow through with your “Level 10” Habits.

“Level 10” Habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
1. Silence (TMM)																															
2. Affirmations (TMM)																															
3. Visualization (TMM)																															
4. Exercise (TMM)																															
5. Reading (TMM)																															
6. Scribing (TMM)																															
7.																															
8.																															
9.																															
10.																															

[Instructions] Mark an “X” for each day you follow through with your habit, an “O” for each day you *PLAN* (in advance) to take Off, and leave it blank any day that you intend to do it, but don’t. Obviously you want to keep “missed” days to an absolute minimum, but always keep in mind that personal development is about *progress*—not perfection. ☺

FINISHED EXAMPLE (WITH NO MISSED DAYS)

“Level 10” Habits	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1. Silence (TMM)	X	X	X	X	X	X	O	X	X	X	X	X	O	X	X	X	X	X	X	X	O	X	X	X	X	X	X	O	X	X
2. Affirmations (TMM)	X	X	X	X	X	X	O	X	X	X	X	X	O	X	X	X	X	X	X	X	O	X	X	X	X	X	X	O	X	X
3. Visualization (TMM)	X	X	X	X	X	X	O	X	X	X	X	X	O	X	X	X	X	X	X	X	O	X	X	X	X	X	X	O	X	X
4. Exercise (TMM)	X	X	X	X	X	X	O	X	X	X	X	X	O	X	X	X	X	X	X	X	O	X	X	X	X	X	X	O	X	X
5. Reading (TMM)	X	X	X	X	X	X	O	X	X	X	X	X	O	X	X	X	X	X	X	X	O	X	X	X	X	X	X	O	X	X
6. Scribing (TMM)	X	X	X	X	X	X	O	X	X	X	X	X	O	X	X	X	X	X	X	X	O	X	X	X	X	X	X	O	X	X
7. Review Goals	X	X	X	X	X	X	O	X	X	X	X	X	O	X	X	X	X	X	X	X	O	X	X	X	X	X	X	O	X	X
8. Make 30 Sales Calls	X	X	X	X	X	O	O	X	X	X	X	O	O	X	X	X	X	X	O	O	X	X	X	X	X	X	O	O	X	X
9. No Fast Food	X	X	X	X	X	X	O	X	X	X	X	X	O	X	X	X	X	X	X	O	X	X	X	X	X	X	X	O	X	X
10. Date Night	O	O	O	O	O	X	O	O	O	O	O	X	O	O	O	O	O	O	O	X	O	O	O	O	O	O	O	X	O	O

**BONUS: HAL ELROD'S
INSPIRATIONAL QUOTES**

"Love the life you have *while* you create the life of your dreams.
Don't think you have to choose one over the other."

"Give up being perfect, for being authentic. Give up the need to be perfect, for the opportunity to be authentic. Be who you are. Love who you are. Others will too."

"Know that wherever you are in your life right now is both temporary, and exactly where you're 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 just as deserving of extraordinary happiness, health, wealth and success as any other person on this planet! Believe that, know it in your heart, and take the necessary actions TODAY to start creating the extraordinary life you deserve to live."

**"Be grateful for all that you have, accepting of all that you don't,
and actively create all that you want."**

"The moment you accept responsibility for everything in your life is precisely the moment you regain the power to change or create anything in your life."

"Make today the BEST day of your life, because there is simply no good reason not to."

"Where you are is a result of who you were, but where you go depends entirely on who you choose to be."

**"Make bold moves toward your dreams each day, refuse to stop,
and nothing can stop you."**



More FREE Resources, Recommendations, and Paying It Forward

1. Join The Miracle Morning™ Community at www.MyTMMCommunity.com
2. Utilize all of the FREE Resources and at TMMBook.com
3. Read the FREE articles and watch FREE videos at MiracleMorningBlog.com
4. Share The Miracle Morning™ with others for FREE at MiracleMorning.com
5. Get The Miracle Morning™ (2013) JOURNAL at MiracleMorningJournal.com