



## My Miracle Life Affirmations

Today, I am committed to elevating and conditioning my consciousness to a state of Inner Freedom so that I can choose how I experience each moment of my life. I've been blessed with one life, and I deserve to be genuinely at peace and happy. To do this, I will maintain the ABCs of the Miracle Life:

### A: Accept Life Exactly As It Is

Now that I'm aware that emotional pain (aka inner turmoil) is self-created and perpetuated by my resistance to reality—focusing on things that are out of my control and wishing reality were different from what it is—I will accept life exactly as it is and choose to be at peace with all things that are out of my control. While I can't always control what happens in my life, I am always free to choose how I experience each moment of my life.

To help me overcome my unconscious resistance and accept life exactly as it is, I will apply the 5 Minute Rule (setting a timer and giving myself five minutes to feel whatever emotions naturally arise within me). Then, when the timer goes off, I will simply say, "Can't change it" to acknowledge and remind myself that, since I can't go back in time and change whatever happened, my only logical choice is to accept and be at peace with what I can't change so that I can experience Inner Freedom. Remember, acceptance is the key that unlocks the door to Inner Freedom.

Last, I will remember that being at peace with something doesn't necessarily mean I'm happy about it. But thankfully, peace is a state of consciousness that is far more powerful and sustainable than any short-lived emotion. Peace is emotionally neutral, and from that state, I can choose to be happy, grateful, or any other state that serves me.

### B: Be Grateful for Each Moment

Once I've chosen to accept reality exactly as it is, thereby allowing myself to experience the peace that is always available in a state of Inner Freedom, I am committed to moving beyond mere acceptance by choosing to be genuinely grateful for each moment.

I understand that gratitude is the lens through which I can choose to experience and enjoy every moment of my life—including the difficult ones. Even when I am enduring difficult times, I can choose to be grateful for the lessons and growth that will result from facing and overcoming my adversity with a positive mindset, enabling me to become a better, more capable version of myself.

I realize that my life exists as the present moment, that each moment exists in a state of inherent perfection, and I get to choose how I experience the moment itself. So, I choose to allow myself to feel heartfelt gratitude for each moment, knowing that gratitude is the doorway to happiness.



## C: Choose My Optimal State of Consciousness

While emotions are often spontaneous and short-lived, states of consciousness are underlying ways of experiencing life. Dwelling on negative states such as guilt, shame, fear, or anger causes me to suffer unnecessarily and miss out on states like love, happiness, peace, gratitude, and joy.

The default state I choose is Inner Freedom because it enables me to be at peace with what I can't change so that I can choose how I experience each moment that I am alive. No matter what happens, even when my circumstances are difficult or painful, I choose to be at peace and grateful so that I can enjoy this one life I've been blessed to live. This is my Miracle Life.



## My Miracle Evening Bedtime Affirmations

I commit to reading my bedtime affirmations every night, before bed, to prepare my mind and body for blissful bedtime, restful sleep, and to set an empowering intention to wake up feeling energized and excited to make tomorrow the best day of my life, because I determine that based on how I choose to show up.

First: I have completed all the tasks necessary to prepare myself for tomorrow, including setting out everything that I need for my Miracle Morning (book, journal, workout clothes, water, etc.). I've also moved my alarm clock across the room so that I will need get out of bed to turn it off, since it's much easier to stay awake once I'm already out of bed and moving my body.

Second: I'm going to bed at \_\_\_:\_\_\_ pm and waking up at \_\_\_:\_\_\_ am, which will give me roughly \_\_\_ hours of sleep. This is plenty because I know that how I feel when I wake up is influenced by the intention I set now. So, regardless of how long it takes me to fall asleep, I will wake up feeling energized, excited, and inspired to create the most extraordinary life I can imagine—because I and the people I love deserve nothing less!

Third: I am committed to waking up on time tomorrow for my Miracle Morning because, by doing so, I am becoming the person I need to be to create everything I want for my life. I'm anticipating the morning with positive expectations and excitement (!) because I am fully aware of the benefits that I'll receive by starting my day with my S.A.V.E.R.S., so I will jump out of bed with energy and enthusiasm!

Fourth: My only objective right now is to prepare my mind and body for blissful sleep. So, I give myself permission to let go of all stressful thoughts. Now is not the time to worry about or try and solve my problems. This moment is perfect. I am safe. I am comfortable in my bed. I have nothing to worry about. If I think of anything, I will direct my focus toward something I'm grateful for and feel a calming sense of gratitude so that I can dwell in a peaceful mental and emotional state that fosters blissful sleep.

*I commit to reading my Miracle Evening Bedtime Affirmations every night, before bed.*

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## Level 10 Success Affirmations

Welcome to your Miracle Morning “Level 10” Life affirmations! These are based on concepts taught in The Miracle Morning Updated and Expanded Edition and designed to help you in programming your subconscious mind for continued success, as well as influence your level of commitment and follow through with the behaviors that will transform your affirmations into your reality.

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### Developing “Level 10” Self Confidence

I am just as worthy, deserving, and capable of achieving everything that I want, in every area of my life, as any other person on earth. The only thing that separates me from the most extraordinary life I can imagine is my level of commitment to becoming the person I need to be to achieve everything I want. From this moment on, I am 100% committed to my personal development (i.e. The Miracle Morning), each day, so that I can create and sustain the levels of success that I truly want and deserve. I commit now to schedule and follow through TODAY with the necessary actions that will ensure that I create the extraordinary life I deserve to live. From this moment on, I give up being perfect for being authentic. I will be myself, I will love myself, and others will too.

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### Achieving “Level 10” Health & Fitness (Lose Weight, Increase Energy, etc)

I realize that achieving level 10 success in every area of my life begins and ends with my health and energy. Maintaining optimum levels of health begins with putting healthy, energizing food into my body, such as “living” foods (raw fruits, vegetables, nuts, seeds, etc.), so I will place more value on the health consequences of the food that I eat than I do on the taste, since the taste only lasts for a few moments, but the consequences impact every area of my life and last a lifetime. I also commit to implementing the “E” in SAVERS by exercising every day, even if just for a quick 7-minute workout (See: 7-Minute Workout app). I understand that making a change only takes discipline for a short time, and then a new habit will be formed, that will make sustaining the change virtually effortless. I cannot put off level 10 health & fitness, so I will buy/eat healthy food, and schedule time to exercise, TODAY.

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## Creating “Level 10” Relationships

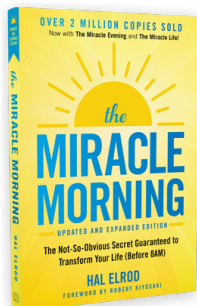
From my family, friends, and significant other to my co-workers and even strangers, I will love ALL people, unconditionally, because that is how we all deserve to be loved. I refuse to judge others, because I recognize that I have no way of knowing that, had I lived another person’s life, I might talk and act exactly the same way. I also understand that the more value I add to the lives of others, the more value that I will reciprocate. So I will focus on adding as much value as I can, to enrich the lives of every person I come in contact with.

## Achieving “Level 10” Financial Success

First and foremost, I understand that money isn’t inherently good or bad, it’s what a person does with it that makes it so. The more money I have, the more options I have to make the impact I want to make in the world. I also understand that my financial situation, up until this point, is simply a reflection of how I’ve related to money—making it, saving it, and growing it. But there are virtually no limits to how much money I can earn, save, and grow. It’s simply a matter of investing time in developing my money mindset through learning about money. So, I will commit to consistently read articles and books that will teach me how to earn, save, and invest money, so that I can be financially free.

## Overcoming “Level 10” Adversity (Including Mental & Emotional)

I know that where I am in my life, now, is both temporary and exactly where I need to be to learn what I must learn, so I that can become the person I need to be to create the life I truly want. Even when life is difficult—especially when life is difficult—the present moment is always an opportunity for me to learn, grow, and become better than I’ve ever been before. Just as others have done, I can turn my adversity into an advantage by accepting all that is out of my control—past, present, and future—so that I can give myself freedom from emotional pain, be at peace, and create the life I truly want.



### MORE MIRACLE MORNING RESOURCES

1. Join The Miracle Morning Community at [MiracleMorningCommunity.com](http://MiracleMorningCommunity.com)
2. Check out the Miracle Morning 14-Book Series at [MiracleMorningBooks.com](http://MiracleMorningBooks.com)
3. Watch The Miracle Morning Movie at [MiracleMorningMovie.com](http://MiracleMorningMovie.com)
4. Visit The Miracle Morning Store at [MiracleMorningStore.com](http://MiracleMorningStore.com)
5. Listen to Hal’s weekly Achieve Your Goals Podcast at [HalElrod.com/Podcast](http://HalElrod.com/Podcast) (Or Listen on Your Favorite Podcasting Platform)



## Hal's Level 10 Health + Energy Miracle Morning Smoothie

MMers, eating a diet rich in LIVING FOODS, such as whole fruits and vegetables, as well as sprouted nuts and seeds, can greatly increase your ENERGY level, improve your mental FOCUS & CLARITY, optimize your HEALTH, digestion, and help protect you from disease.

Living foods are natural foods, as close to their original pure form as possible to retain all their active ingredients and nutrients. These foods are rich in inflammation-fighting antioxidants, phytochemicals (compounds produced by plants), which help your body to produce and activate its own naturally occurring enzymes that are necessary for hormone production and chemical reactions in the body to keep it operating optimally.

Remember the old saying, “YOU ARE WHAT YOU EAT” and take care of your body so that your body will take care of you! One of the fastest and easiest ways to incorporate more living foods into your diet is to make your first meal (or any meal) a SMOOTHIE. Below is my favorite smoothie recipe, which I make almost every day, and you can begin adding into your daily routine to optimize your health and energy!

With love & Gratitude,  
- Hal

\*All Ingredients listed below are Organic, which is highly recommended to minimize toxic pesticides, though not required. Of course, if you are allergic to any of the ingredients (such as nuts), omit from the recipe.

- **Base** Water, Juice, or Nut/Seed/Coconut Milk (1-2 cups)
  - Personally, I use water to minimize sugar in my smoothie.
- **Organic Banana** (Use ½ for less sugar)
- **Organic Spinach** (1 small handful)
- **Organic Berries** (Blueberries, Raspberries, Strawberries, etc.) (1 serving size)
- **Organic Raw Sprouted Nuts** (Almonds, Walnuts, Cashews, Pecans, etc.) (1 serving size)
  - Adding raw organic nuts to your smoothies adds protein, healthy fats, and other nutrients. While sprouted nuts are ideal as they are considered a “living food,” you can use any organic raw nuts. You can find these at most health food stores, or you can order on Amazon by searching “organic sprouted nuts.” One popular brand that is available as of this writing is Lark Farms.
- **Organic Protein Powder** (\*Optional for taste, added protein, and other additional nutrients)
  - The brand I use is Organifi (Vanilla). You can get 20% off at [Organifi.com/TMM](https://www.organifi.com/TMM).
- **Organic Matcha Green Tea Powder** (\*Optional for energy)
  - The combination of caffeine with L-theanine in matcha green tea provides a stable and extended boost of energy and enhanced mental focus, without the anxious jitters or side effects like you might have previously experienced with coffee and energy drinks. This can also be found at most health food stores, as well as on Amazon.
- **Ice** (1-2 Cups. Put in last, after you’ve blended everything above, and blend 15-20 more seconds)



## Bedtime Affirmations

I commit to reading my bedtime affirmations every night, before bed, to prepare my mind and body for blissful sleep and set an empowering intention to wake up feeling energized and excited!

FIRST: I have completed all the tasks necessary to prepare myself for tomorrow, including setting out everything that I need for my Miracle Morning (book, journal, workout clothes, water, etc.). I've also moved my alarm clock across the room so that I will need to get out of bed to turn it off, since it's much easier to stay awake once I'm already out of bed and moving my body.

SECOND: I'm going to bed at \_\_\_\_ pm and waking up at \_\_\_\_ am, which will give me roughly \_\_\_\_ hours of sleep. This is plenty because I know that how I feel when I wake up is influenced by the intention I set now. So, regardless of how long it takes me to fall asleep, I will wake up feeling energized, excited, and inspired to create the most extraordinary life I can imagine \_\_\_\_ because I and the people I love deserve nothing less!

THIRD: I am committed to waking up on time tomorrow for my Miracle Morning because, by doing so, I am becoming the person I need to be to create everything I want for my life. I'm anticipating the morning with positive expectations and excitement (!) because I am fully aware of the benefits that I'll receive by starting my day with my S.A.V.E.R.S., so I will jump out of bed with energy and enthusiasm!

FOURTH: My only objective right now is to prepare my mind and body for blissful sleep. So, I give myself permission to let go of all stressful thoughts. Now is not the time to worry about or try and solve my problems. This moment is perfect. I am safe. I am comfortable in my bed. I have nothing to worry about. If I think of anything, I will direct my focus toward something I'm grateful for and feel a calming sense of gratitude so that I can dwell in a peaceful mental and emotional state that fosters blissful sleep.

FINALLY: Regardless of how long it takes to fall asleep, what I dream about, how tired or overwhelmed I feel right now or when I wake up, I will energetically spring out of bed tomorrow morning at \_\_\_\_ AM to create the most extraordinary life I can imagine—the life that I deeply want, and truly deserve to live.

*I sign my name to these empowering affirmations and commit to reading them every night before bed...*

Signature: \_\_\_\_\_

Date: \_\_\_\_\_