THE MIRACLE MORNING

PRESENTS...

YOUR 30-DAY LIFE TRANSFORMATION JOURNEY

A SIMPLE 3-STEP PROCESS FOR TRANSFORMING YOUR LIFE IN THE NEXT 30 DAYS

WELCOME TO YOUR 30-DAY LIFE TRANSFORMATION JOURNEY

Welcome to your 30-Day Life Transformation Journey! If you're skeptical or wondering how you're going to make a meaningful transformation in the next 30 days, I don't blame you. But if there's one thing I've learned since I began practicing the Miracle Morning in 2008, it's this:

You don't have to change everything at once to transform your entire life.

The reality is that our lives are transformed one decision and one day at a time. But most people never make the decision so that day never comes.. Transformation begins by simply choosing one area of your life—one meaningful, important aspect that you want to improve—and deciding to focus your S.A.V.E.R.S. (Silence, Affirmations, Visualization, Exercise, Reading, and Scribing) on it each day for the next 30 days. This daily ritual will inevitably transform your mindset, capabilities, and discipline in ways that will empower you to transform any aspect of your life. It's *who you become* during these next 30 days that will be most beneficial.

That's what the 30-Day Life Transformation Journey is all about.

Over the next 30 days, you'll choose one area of your life that you want to improve and ultimately transform. Whether it's your health, finances, relationships, mental and emotional well-being, a specific goal, or something else that matters deeply to you. You'll bring it into focus, start investing attention and energy into that area, and align your Miracle Mornings **S.A.V.E.R.S.** routine to support you.

By simply focusing on one, a few, or all of the **S.A.V.E.R.S.** each day, you'll be developing the *mindset*, *habits*, and *self-discipline* that will support you in making incremental, meaningful, and sustainable changes in that area of your life.

And once you experience what you're capable of over the next 30 days for *one* area of your life, you'll be able to apply this same process to transform every other area of your life, over and over again.

This journey isn't just about temporary improvement—it's about sustainable transformation.

By the end of these 30 days, you'll be living with new levels of **clarity, confidence, and consistency** and feeling more in control of yourself and your life than you may have ever felt before.

Here's to the next 30 days—and the first of many powerful transformations ahead. I'm honored to be your guide on this journey.

With love and belief in you,

Hal

THE THREE-STEP LIFE TRANSFORMATION PROCESS

STEP 1

Assess Your Current Levels of Life Satisfaction -You'll start by evaluating how you're doing in each of the 10 categories of your life.

By taking time to evaluate the 10 categories of life, you'll gain the **self-awareness** needed to create meaningful **improvement.**

STEP 2

Choose ONE Area of Your Life You Want to Transform - By prioritizing one category of life to focus on for the next 30 days, you will optimize your energy and focus so you can improve your results in that category.

Making just one category a clear priority will help you say "**yes**" to the things that bring you closer to your **goal** and "**no**" to the things that don't.

STEP 3

Do Your S.A.V.E.R.S Every Single Day for 30 Days- By doing the **S.A.V.E.R.S.** daily, you'll start each day with extraordinary levels of clarity, alignment, and momentum. This will enhance your ability to stay committed and to have the resilience needed to achieve the results you are after.

A QUICK RECAP OF THE S.A.V.E.R.S.

- **Silence—**Immerse yourself in meditation, prayer, or breath work to cultivate inner peace and clarity.
- **Affirmations—**Reinforce empowering beliefs, mindsets, and commitments to reshape your identity.
- **Visualization—**Imagine your compelling future and mentally rehearse taking the necessary actions.
- **Exercise—**Strengthen your body and cultivate energy for increased vitality and focus.
- **Reading—**Gain insights from experts to expand your knowledge and accelerate personal growth.
- **Scribing—**Capture your progress, reflections, gratitude, and lessons learned to deepen self-awareness.

YOUR MIRACLE MORNING 30-DAY JOURNEY RESOURCES

As you embark on this journey, I invite you to utilize these **(4) Miracle Morning resources** that I created for our community. Whether you take the time to watch the S.A.V.E.R.S. video series, watch the movie, join the community, or download the app, these resources will increase your ability to get the results you're after.

1. Amplify your Miracle Morning with the S.A.V.E.R.S. Intro Video Series - In this 7-part video series, I share additional insights on how to integrate each of the S.A.V.E.R.S. into your daily routine. Remember, at the heart of making this 30-day Transformation Journey successful is being consistent with your Miracle Morning. The more consistent you are, the better your mindset and capabilities will become to consciously create meaningful results. **www.MiracleMorning.com/savers**

2. Watch The Miracle Morning Movie - Did you know there is a full-length (90-minute) feature documentary that goes beyond the book and brings the S.A.V.E.R.S. to life? The Movie features inspiring stories from people around the world who have used the Miracle Morning to transform their lives. It also features world-renowned authors and experts, including *Mel Robbins*, *Lewis Howes*, *Brendon Burchard*, *Robin Sharma*, *Robert Kiyosaki*, *Marci Shimoff*, *Brian Johnson*, *Laila Ali, Dr. Michael Breus*, and many more. Watch it for free at **www.MiracleMorningMovie.com**

3. Join The Miracle Morning Community - Tap into the power of a 350,000+ personal development community made up of like-minded individuals who are practicing the Miracle Morning and intentionally designing their lives. We host our community in a Facebook group that's free to join. I know some people don't like Facebook, and I get it. However, this is truly one of the most positive, encouraging, supportive online communities in the world, and you can join us at **www.MiracleMorningCommunity.com**

4. Download the Miracle Morning App. We all know that consistent personal development will help us become the person who can achieve our most important goals. The Miracle Morning app makes it frictionless to track your S.A.V.E.R.S. all in one place. You also get a personalized dashboard to track your days, your streaks, your year, your awards, and more. Plus it has 100's of guided S.A.V.E.R.S. tracks, community events, and more.

Try It FREE For 7 Days!

"I have been doing the Miracle Morning since 2014, and since I got the app, it's been much easier for me to stick to my Miracle Morning routine. I love the built-in tracker for the SAVERS, the dashboard and the guided SAVERS tracks!

Carolina Reese

Scan to Download or Open App

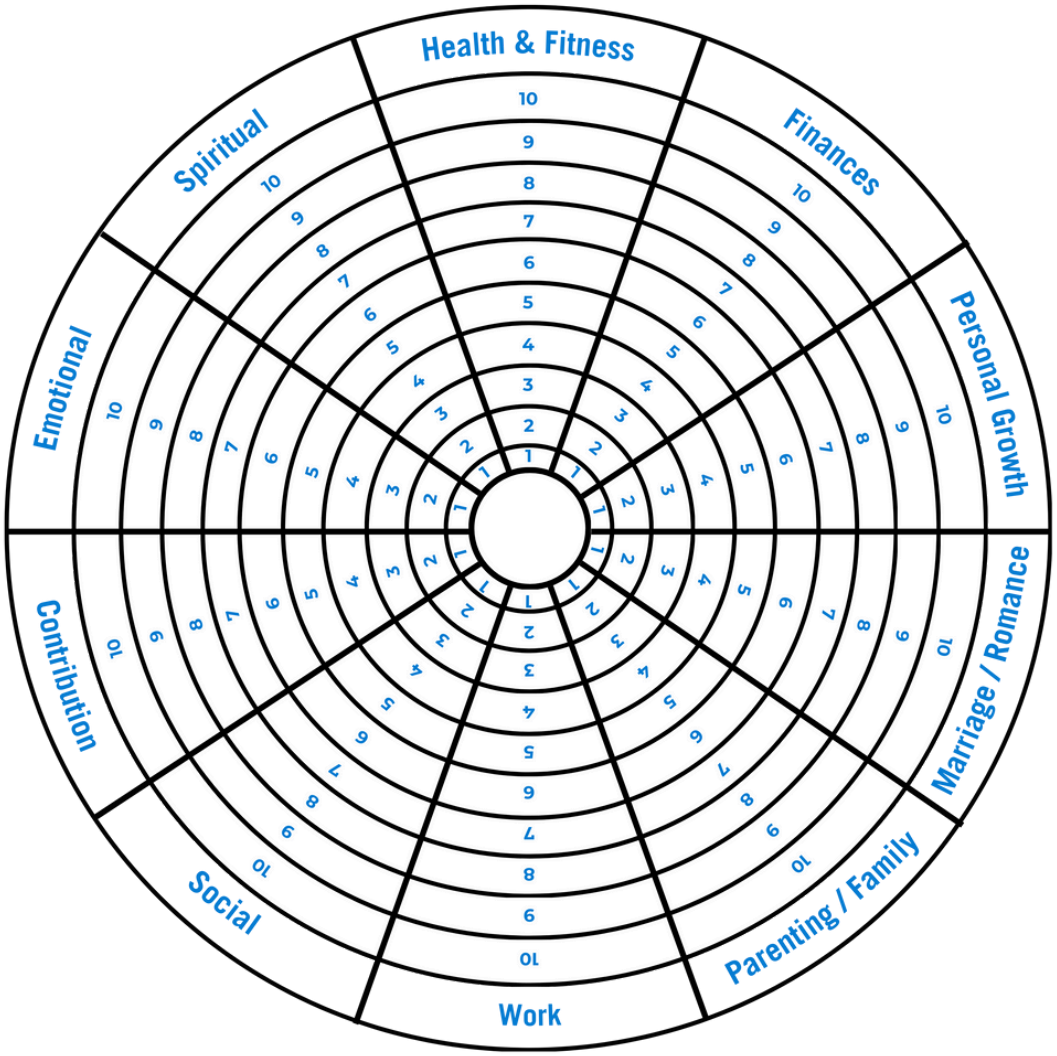
PRIVACY.FLOWCODE.COM

4.9 Star Rating and over 7,000 Reviews

STEP 1: LIFE ASSESSMENT

1. Use the Life Assessment below to measure your levels of satisfaction and fulfillment in ten (10) key categories of your life. The reason this is important is so you can see where you're excelling and where you're out of balance. This insight empowers you to prioritize what truly matters, so you can set focused goals and create a successful and fulfilling life, one morning at a time.

2. Rate each category below from 1 (very dissatisfied) to 10 (very satisfied) - Once you rate all the categories, add up your scores from each category and put the total score in the middle circle. That represents your Life Score (out of 100). And remember, this isn't about getting a high score. It's about gaining heightened levels of clarity and then gradually improving over time.



After Action Review

What's one thing you can learn from taking this assessment?

STEP 2: CHOOSE ONE AREA OF YOUR LIFE TO TRANSFORM

"Clarity is essential. Knowing exactly what you want builds your self-confidence immeasurably." – **Brian Tracy**

One of the biggest reasons people fail to follow through on their goals, or even to get started, isn't a lack of motivation—it's a lack of clarity.

When we aren't clear on what we want or we dilute our focus by setting too many goals at once, it's easy to get distracted, feel overwhelmed, lose momentum, and continually settle for less than we're capable of.

But when you take time to narrow your focus on what matters most *to you*, you gain clarity and begin the process of self-propelled transformation. You can take it to the next level by future hacking, which is the art of seeing the future obstacles and challenges so you can plan how to overcome them ahead of time!

This next section is about gaining that clarity. Take the next few minutes to answer the clarifying questions below.

Choose One Category to Focus On

1. Of the 10 categories you rated on the previous page, which one is most important and/or urgent for you to focus on transforming during the next 30 days?

2. Why is transforming this category of your life important? — To you, others, the world?

3. What could it cost you in the long run if you don't improve? Be honest about the potential consequences of not transforming this area of your life.

4. What do you want to create, accomplish, or transform in this one area? Get as clear as possible.

Choose One Category to Focus On

5. What obstacles or challenges might get in the way of you accomplishing your goal?

6. What resources can you use to overcome the obstacles?

7. Who can support you and help hold you accountable or who can do this with you?

8. What is one action you will take in the next 24 hours to make forward progress toward your goal?

9. What is one empowering quote, phrase or affirmation you can come back to when things get tough?

10. How will you use the S.A.V.E.R.S. to get the results you are after?

"You are one decision away from a completely different life." **– Mel Robbins**

STEP 3: COMMIT TO YOUR S.A.V.E.R.S. FOR 30 DAYS

The 30-Day **S.A.V.E.R.S.** Habit Tracker is your daily consistency tool. Use it to stay accountable by marking an **"X"** for each day you complete each of your **S.A.V.E.R.S.** (and any additional habits you want to add), an **"O"** for any day you intentionally take "Off," and leave it blank if you miss a day you planned to follow through. Remember, this isn't about perfection — it's about progress. The more honest you are, the more powerful this tool becomes.

If you're up for it, you can tailor your **S.A.V.E.R.S.** practice to support your specific goal. For example, when I faced massive financial hardship in 2008, I customized my Miracle Morning by reading books on making money, visualizing successful sales, and using affirmations to solidify my commitments. Whatever your goals are, your **S.A.V.E.R.S.** will help you become the person who is capable of achieving them.

Finally, take full advantage of the **weekly review section** in the following pages. Checking in each week will help you stay focused, track your growth, and make quick adjustments when needed. It's one of the simplest ways to **stay on track** — and one of the most effective ways to uplevel your capabilities.

Ok, if you've made it this far, **congratulations**; it means you're ready to go! Or maybe you've already started tracking. Either way, get started immediately to harness the momentum of this moment. The team and I wish you all the best as you embark on your **30-Day Life Transformation Journey** during the next 30 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																														
2. Affirmations																														
3. Visualization																														
4. Exercise																														
5. Reading																														
6. Scribing																														
7.																														
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10.																														

Track With The App

"For anyone seeking to elevate their morning routine and embrace positive transformation, the App is an invaluable companion. I wholeheartedly recommend it."

Monica Davis

4.9 Star Rating and over 7,000 Reviews

Scan to Download or Open App

WEEK 1 REVIEW

What were your "wins" from the past week—big or small? (What did you make progress on, finish, or overcome?)

What lessons did you learn this past week? (Did you gain any new insights about yourself, your habits, or your mindset?)

Which of the S.A.V.E.R.S. do you want to improve? Why?

What is your #1 goal/priority for the next week? (What do you need to focus on to keep building momentum?)

What's your strategy for accomplishing your goal? (What obstacles will you face? What strengths will you use? What type of habits will you stick with and improve? Who will support you if you need it?)

Why is following through with your 30-Day Transformation Journey important to you? (Remind yourself why you started and what the benefits will be for following through and staying consistent.)

WEEK 2 REVIEW

What were your "wins" from the past week—big or small? (What did you make progress on, finish, or overcome?)

What lessons did you learn this past week? (Did you gain any new insights about yourself, your habits, or your mindset?)

Which of the S.A.V.E.R.S. do you want to improve? Why?

What is your #1 goal/priority for the next week? (What do you need to focus on to keep building momentum?)

What's your strategy for accomplishing your goal? (What obstacles will you face? What strengths will you use? What type of habits will you stick with and improve? Who will support you if you need it?)

Why is following through with your 30-Day Transformation Journey important to you? (Remind yourself why you started and what the benefits will be for following through and staying consistent.)

WEEK 3 REVIEW

What were your "wins" from the past week—big or small? (What did you make progress on, finish, or overcome?)

What lessons did you learn this past week? (Did you gain any new insights about yourself, your habits, or your mindset?)

Which of the S.A.V.E.R.S. do you want to improve? Why?

What is your #1 goal/priority for the next week? (What do you need to focus on to keep building momentum?)

What's your strategy for accomplishing your goal? (What obstacles will you face? What strengths will you use? What type of habits will you stick with and improve? Who will support you if you need it?)

Why is following through with your 30-Day Transformation Journey important to you? (Remind yourself why you started and what the benefits will be for following through and staying consistent.)

WEEK 4 REVIEW

What were your "wins" from the past week—big or small? (What did you make progress on, finish, or overcome?)

What lessons did you learn this past week? (Did you gain any new insights about yourself, your habits, or your mindset?)

Which of the S.A.V.E.R.S. do you want to improve? Why?

What is your #1 goal/priority for the next week? (What do you need to focus on to keep building momentum?)

What's your strategy for accomplishing your goal? (What obstacles will you face? What strengths will you use? What type of habits will you stick with and improve? Who will support you if you need it?)

Why is following through with your 30-Day Transformation Journey important to you? (Remind yourself why you started and what the benefits will be for following through and staying consistent.)

30-DAY REFLECTION & INTEGRATION

Congratulations on completing your Miracle Morning 30-Day Life Transformation Journey! Now, it's time to reflect, recognize your growth, and set an intentional path forward. Take a moment to celebrate your wins, acknowledge your lessons, and decide how you'll carry this momentum into the next chapter of your life.

Looking Back: Gratitude and Growth

1. What did you accomplish in the last 30 days? Did you hit your goal? What can you learn?

2. What did you do well in the last 30 days? Where did you stuggle?

3. What did this journey teach you about how to unlock your potential?

4. What was a surprise or an unexpected challenge while going through this 30-day journey?

5. Which of the S.A.V.E.R.S. had the greatest impact on you, and why? (Note: You can choose more than one.)

6. On a scale from 1-10, how would you rate the life category you chose, today? Why?

Looking Ahead: Vision & Commitment

1. Whether it's the same category or another category, what are your goals for the next 30 days?

2. How will you use your S.A.V.E.R.S. to help you accomplish your goal or goals?

3. What can you learn from the last 30 days that will help you succeed at this 30-day journey?

4. What is the one thing you know you have to do in order to achieve your 30 day goal or goals?

5. Why is achieving your goal or goals important? To you, others, the world?

6. What is one thing you can do in the next 24 hours that will help you create positive momentum?

Congratulations!! If you made it this far, then you are one of the rare few who can follow through on a commitment like this. By being someone who knows how to follow through, you ensure that you have the freedom to **create the life you desire**. *I'm so proud of you!*

If you feel called, I'd love for you to share your journey in the Miracle Morning Facebook Community. Someone out there might be one story away from their breakthrough, and yours could be the one that helps them believe in themselves again. Or you can send us a video or written testimoinal to support@miraclemorning.com

With love and admiration,

Hal

NOTES

Track With The App!

- Track Your S.A.V.E.R.S.
- S.A.V.E.R.S. Dashboard
- 100's of Guided S.A.V.E.R.S.
- 100's of Custom Affirmations
- Live Events W/Hal and Team
- Includes +1 To Your Subscription
- More Features Coming Soon!

4.9 Star Rating and over 7,000 Reviews

Scan to Download or Open App

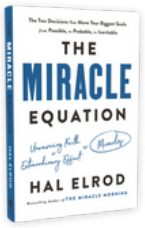
Download on the App Store

GET IT ON Google Play

ADDITIONAL RESOURCES:

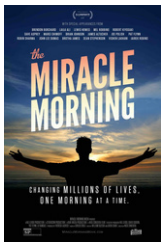
The Miracle Morning Updated & Expanded Edition

- Over 70+ pages of new content, including... The
- Miracle Evening and The Miracle Life
- **Available on Amazon and anywhere books are sold**



The Miracle Equation

- Discover the Two Decisions Guaranteed to Move Your Biggest Goals from Impossible... to Inevitable
- Available on Amazon and anywhere books are sold



The Miracle Morning Movie

- Feature-length documentary
- 4.6 out of 5 stars on Amazon Prime
- Rent on Amazon Prime or Watch FREE at MiracleMorningMovie.com

Bring Me To Your Next Group Experience!

- I've worked with ***Google, Remax, EO, DoTERRA, Nu Skin, Keller Williams, CHOMPS, Mary Kay,*** and many more.
- I create an unforgettable experience for your company, community, or team by bringing a life-changing message to your stage. Halelrod.com/speaking