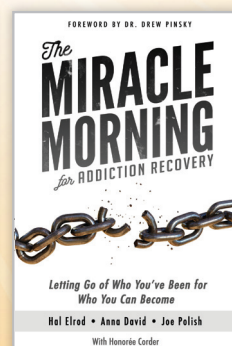
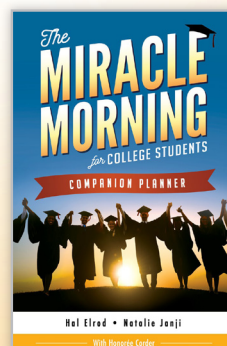
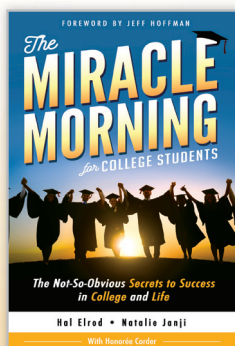
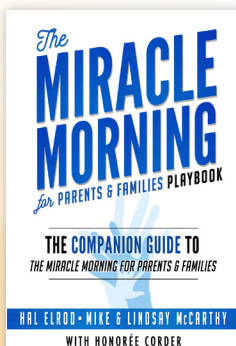
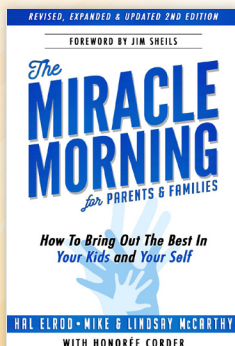
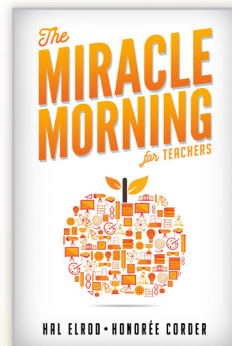
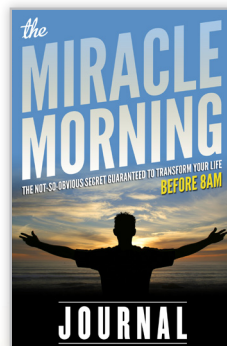
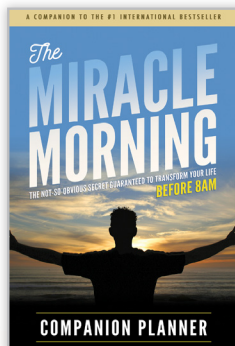
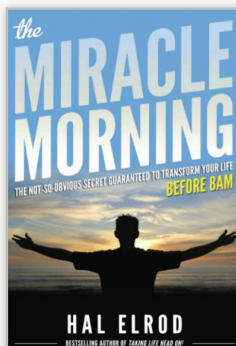
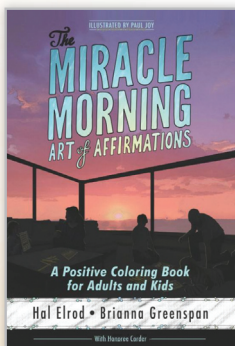


The MIRACLE MORNING SERIES SAMPLER

IMPROVE MINDFULNESS TO
POSITIVELY IMPACT YOUR LIFE
AND YOUR STUDENTS' LIVES





My brother Ron and I first learned about *The Miracle Morning* mindfulness books and their great impact in September 2021. We had just spoken with a New York City school principal who had told us about a remarkable series of resources that inspire mindfulness to positively impact teachers and students in school—and in life as well. This principal's practical words were: "*The Miracle Morning* provides tools for students and teachers to win the day. In this time when students and teachers may feel anxious or uncertain about the impact of COVID trauma, having a tool that supports resilience and forward thinking deserves an opportunity."

I immediately said to myself that I should try out these resources before forming my opinion on their effectiveness. The stress of navigating the COVID pandemic and the frantic nature of a new school year was starting to really mount for me. I also felt that given COVID, we all needed to feel like anything can be possible despite our current circumstances.

I read *The Miracle Morning Before 8AM* book before and after work over the course of 3 days and proceeded to immediately integrate the key rituals into my daily routine. Within 3 weeks, I saw my self-reported stress level go from an 8-out-of-10 down to a 3. Given these results, Ron and I then informally shared the books with teachers and administrators throughout New York City. The response was so favorable that we decided to offer these resources to NYC schools. Since we made *The Miracle Morning* books available, over 2 dozen schools have purchased these books in the first 3 months.

We are confident that those schools that implement *The Miracle Morning* series with fidelity will quickly see that stress will be reduced for both students and teachers, resulting in improved learning and life outcomes.

We look forward to sharing this innovative solution with your school.

Sincerely,

Steve Sussman

a Sussman Education company

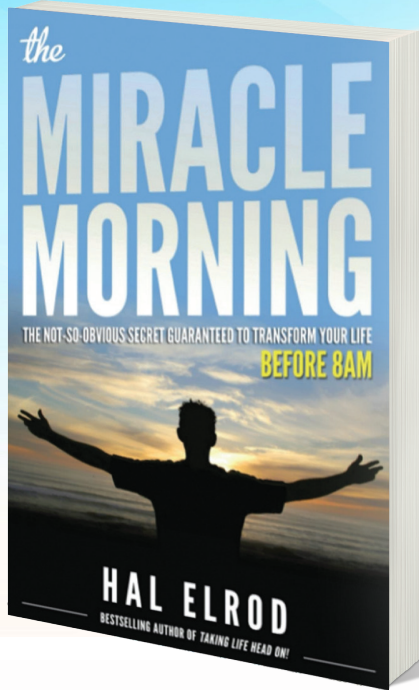


The **MIRACLE MORNING** SERIES SAMPLER

PRACTICAL DAILY MINDFULNESS AND MOTIVATION ROUTINES TO REDUCE STRESS, ENHANCE RESILIENCY, AND IMPROVE LEARNING AND LIFE OUTCOMES

These routines provide students, teachers, administrators, and parents with a range of effective step-by-step processes to:

- ✓ Support the social and emotional well-being of stakeholders in school and in the community
- ✓ Improve personal wellness to positively impact student achievement
- ✓ Increase student motivation and engagement
- ✓ Learn and teach with intentionality and mindfulness
- ✓ Build stronger relationships in the classroom and in the community
- ✓ Improve commitments to self-care to boost endurance and reduce stress
- ✓ Increase student motivation and engagement while sharpening their capacity to focus
- ✓ Build stronger relationships in the classroom and a shared sense of purpose in the community



THE MIRACLE MORNING BEFORE 8AM

The Miracle Morning is a powerful morning routine uniquely designed to accelerate & facilitate outstanding personal development & responsibility for people of all ages.

This book provides a set of mindfulness and motivation activities that help reduce stress, enhance resiliency, and spark creativity, which all lead to improved learning and life outcomes.

By doing the routines each day, students and faculty will:

- ✓ Improve their personal performance
- ✓ Empower their classmates, families, and environments to take their leadership to greater heights
- ✓ Cultivate a culture of positive energy, emotional resilience, mental toughness, and a strong sense of shared purpose.



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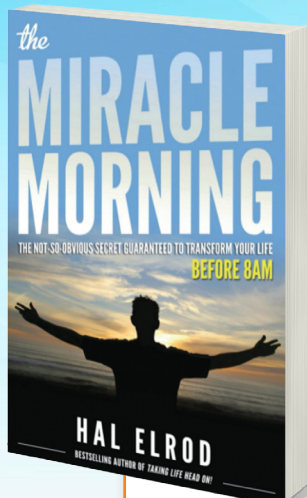
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How you start your morning dictates the mindset and success of your day, and this is why *The Miracle Morning* is so essential!

Bringing it all together, get the proven, step-by-step, 30 day process (including the most effective 3 phase strategy for sustaining your new habits).

What exactly will you do to maximize your mornings? Discover 6 time-tested practices to elevate your consciousness and mindfulness. The Life S.A.V.E.R.S. are a powerful and time-tested personal development routine that thousands have used to help fulfill their true potential.



THE MIRACLE MORNING BEFORE 8AM

LIFE S.A.V.E.R.S.



S

SILENCE The benefits of meditation are backed by science, and they include better concentration power, improved self-esteem and self-awareness, decreased anxiety and stress levels, and nurturing a spirit of kindness.



A

AFFIRMATIONS Manage self-talk, build confidence, strengthen resolve, and boost self-esteem. Improving internal dialogue fosters the development of wisdom and sound judgment, resulting in more self-regulation and significant behavioral improvements.



V

VISUALIZATION Facilitates deeper comprehension, raises self-image, increases attention span, and enhances recall and memory. It is a crucial element of problem-solving and collaborative leadership.



E

EXERCISE Routines like physical activity can not only boost your muscle strength and increase your endurance, but it also improves leadership skills, empathy, peer acceptance, as well as provides other social benefits.



R

READING Reading first thing in the morning helps to improve your focus and memory, reduces stress, builds stronger analytical thinking skills, and expands vocabulary—all to inspire lifelong learning.



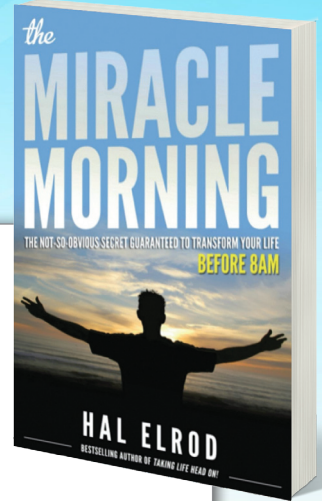
S

SCRIBING Writing routines to reflect, track progress and growth, improve communication skills, find inspiration, and gain clarity enable you to lead a productive and meaningful 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.

THE MIRACLE MORNING BEFORE 8AM



⇒ A Special Invitation

The Miracle Morning Community

Join the global family of 400,000+ community members who actively share insights and support one another with encouragement to stay consistent!

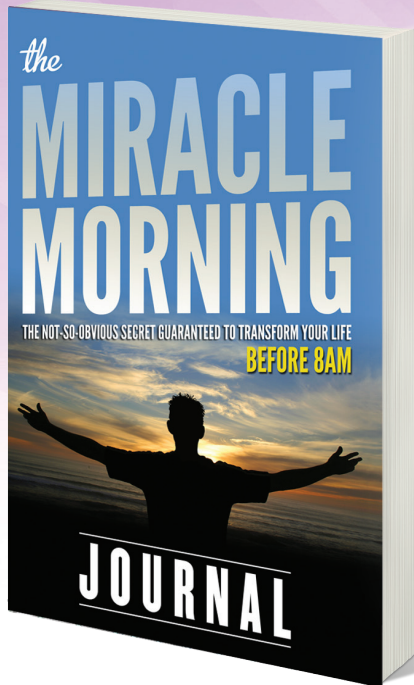
Fans and readers of *The Miracle Morning* make up an extraordinary tribe of like-minded individuals, who wake up each day *on purpose*, dedicated to fulfilling the unlimited potential that is within each of us. As creator of *The Miracle Morning*, I felt it was my responsibility to create an online community where readers and fans could go to connect, get encouragement, share best practices, support one another, discuss the book, post videos, find an accountability partner, and even swap smoothie recipes and exercise routines.

I honestly had no idea that *The Miracle Morning Community* would become one of the most positive, inspired, supportive, and accountable online communities that I have ever seen, but it has. I'm truly blown away by the caliber of our members.

Just go to **www.MyTMMCommunity.com** and request to join *The Miracle Morning Community* on Facebook®. Here you'll be able to connect with like-minded individuals who are already practicing *The Miracle Morning*—many of whom have been doing it for years—to get additional support and accelerate your success.

I'll be moderating the community and checking in regularly. I look forward to seeing you there!

If you'd like to connect with me personally on social media, follow **@HalElrod** on Twitter® and **www.Facebook.com/YoPalHal** on Facebook®. Please feel free to send me a direct message, leave a comment, or ask me a question. I do my best to answer every single one, so let's connect soon!



THE MIRACLE MORNING BEFORE 8AM JOURNAL

The Miracle Morning Before 8AM Journal empowers you to stay motivated, organized, and focused by strengthening your new positive habits and increasing your productivity.

Activities include:

- ✓ Weekly Overview: Write out your weekly goals, action you took for each habit in the Life S.A.V.E.R.S., intention for the day, and daily gratitude.
- ✓ Monthly Overview: Write out your monthly goals, important events, and projects with their deadlines for the entire month.

MONTH ONE (Week 1 of 52)

→ **Top Weekly Goals/Commitments** – The top 3-5 goals that I am 100% committed to achieving this week are:

The Life S.A.V.E.R.S. Mark each practice that you complete each day.

⇒ Silence..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
 ⇒ Affirmations..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
 ⇒ Visualization..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
 ⇒ Exercise..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
 ⇒ Reading..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S
 ⇒ Scribing..... ☐ M ☐ T ☐ W ☐ Th ☐ F ☐ S ☐ S

Monday [] – I am ready and committed to make this my best year yet

Tuesday [] – I love the life I have while I create the life of my dreams

Wednesday [] – I dedicate time to *The Miracle Morning* everyday so that I can become the person I need to be to create the life I truly want & deserve

Tracking each of the elements of the Life S.A.V.E.R.S. after completing them helps to focus your Miracle Morning vision.

Writing your weekly goals and commitments enables you to create new possibilities in your life.

THE PRACTICE

WHAT IS THE MIRACLE MORNING?

A powerful morning routine that accelerates & facilitates **outstanding personal development & responsibility** for people of all ages.



Reduce Stress



Enhance Resiliency



Spark Creativity

=> IMPROVED LEARNING & LIFE OUTCOMES

Beginning your practice is as easy as “2-4-6 Pickup Sticks.” A simple one minute practice of each of the Life S.A.V.E.R.S. will start you on your way. Powerful morning practices lead the way to successful daily living.

Empower participants to stay motivated by sharing experiences and outcomes with others in your school and community.

SHARED OUTCOMES



INDIVIDUAL BENEFITS

Health/Exercise
Boosts muscle strength, increases endurance, improves leadership skills, empathy, peer acceptance, and more.

Creativity/Visualization
Stimulates imagination, facilitates comprehension, recall, memory, & problem solving.

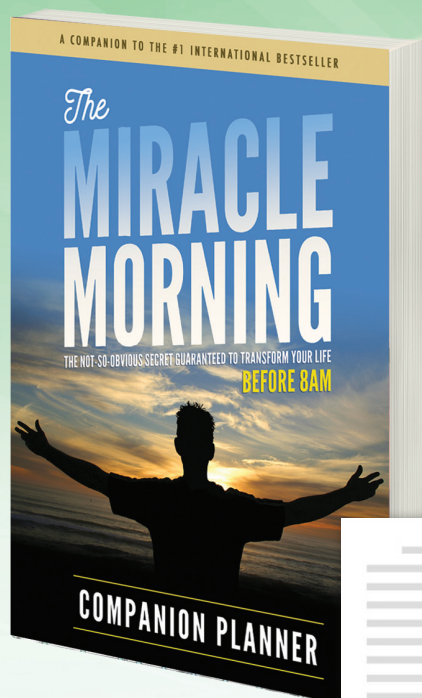
Affirmations
Managing self-talk, builds self-confidence, self-respect & self-trust.

Reading
Improved focus & memory, reduces stress, stronger analytical thinking skills, expands vocabulary, and more.

Meditation/Silence
Better concentration power, improved self-esteem & self-awareness, decreased anxiety & stress levels, & spirit of kindness.

Service/Scribing
Perform acts of service. Reflect, track progress & growth, improve writing & communication skills, & find inspiration.

The Life S.A.V.E.R.S. connect your mind, body, and spirit, providing for harmony and balance. Multiple studies have shown how effective self-care and “pouring into yourself” can be for you. Filling your own cup first is the key to personal success. Try it; you’ll like it!



THE MIRACLE MORNING BEFORE 8AM COMPANION PLANNER

The Miracle Morning Before 8AM Companion Planner features sections to review your progress at the end of each week, halfway through the year, and again at the end of the year. Using a daily, weekly, and yearly format, it is dated to keep you accountable to write in it every single day of the year.



**Includes additional
tools, prompts, and
supports for when
you are “too busy”
to complete all your
Life S.A.V.E.R.S.**



Uses a daily, weekly, and yearly format, and is dated to keep you accountable to write in it every single day of the year.

Starting each day with the Life S.A.V.E.R.S. allows you to create new possibilities in your life. Crossing off each of the elements of the Life S.A.V.E.R.S. after completing it helps you stay on track to focus your Miracle Morning vision.

Scheduling and taking action on your highest priorities in order to move closer to achieving our Level 10 Life.

Wednesday	Thursday	Friday	Saturday
S 10-min meditation ✓	S 10-min meditation ✓	S 10-min meditation ✓	S 10-min meditation ✓
A Recited them ✓	A Wrote them ✓	A Recited them ✓	A Wrote them ✓
V Pictured test-taking ✓	V Pictured studying ✓	V Pictured test-taking ✓	V Pictured studying ✓
E Pushups/Jumpingjacks ✓	E 30 min jogging ✓	E Pushups/Jumpingjacks ✓	E 30 min jogging ✓
R 15 pages TMMCS ✓	R 18 pages TMMCS ✓	R 15 pages TMMCS ✓	R 18 pages TMMCS ✓
S Reflect on reading ✓	S Journaling	S Reflect on reading ✓	S Journaling
◆ Help a stranger	◆ Forgiveness	◆ Lead by example	◆ Prosperity
◆ My mom	◆ Family time	◆ Laughter	◆ My health
5:00	5:00	5:00	5:00
5:30	5:30	5:30	5:30
6:00	6:00	6:00	6:00
6:30	6:30	6:30	6:30
7:00	7:00	7:00	7:00
7:30	7:30	7:30	7:30
8:00	8:00	8:00	8:00
Meeting		Meeting	
	8:30		
	9:00 Tutoring		
	9:30		
	10:00		
	10:30		
	11:00		
	11:30		
Finish Assignments		Study	
	12:00		
Meeting	12:30		
	1:00 Meeting	Meeting	
	1:30		
	2:00		Finish Projects
	2:30		
	3:00		
	3:30		
	4:00		
	4:30		
	5:00		
	5:30 Work	Work	
	6:00		
	6:30		Go out with friends
	7:00		
Study	7:30		
	8:00		
	8:30		
	9:00		
	9:30		
Bed			
	10:00		
	10:30 Bed		
	11:00		
		Bed	
			Bed
(✓)	(✓)	(✓)	(✓)
6:00 am ✓	6:00 am ✓	6:00 am ✓	6:30 am ✓
Extra notepad ✓	Dress up ✓	Dress up ✓	Study notes ✓
✓	✓	✓	✓
Recited them ✓	Wrote them ✓	Recited them ✓	Recited them ✓



THE MIRACLE MORNING ART OF AFFIRMATIONS

The Miracle Morning Art of Affirmations is designed to enable you to visualize the success you are looking to create and to use the affirmations as inspiration along your journey.

These affirmations are designed to program both your conscious and subconscious mind to be in alignment with the focus and beliefs you need to move confidently toward your goals and dreams. Affirmations also reinforce the behaviors that are required for you to make consistent progress.

You can also share these creations throughout your classroom, school, and at home, as well as with your friends and family to enlist their help in pursuing your new goals and commitments for additional accountability.

Activities include:

- ✓ Dreams Box: Use the miniature images to make a Dreams Box. You can then write down your dreams and share them as a classroom or community-wide inspiration.
- ✓ Vision Board: Paste or draw pictures to create a visual representation of your dreams and goals.
- ✓ 5-Page Activity Series: Helps to identify your passion, gratitude, and strengths, which paves the way for creating a comprehensive vision board. This can either be hand drawn or cut/pasted to create a visual representation of your dreams and goals.



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Unique and powerful tools to develop 3 mindfulness skills: sensory clarity, equanimity, and concentration power.

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A powerful and time-tested personal development routine that thousands have used to be their best.

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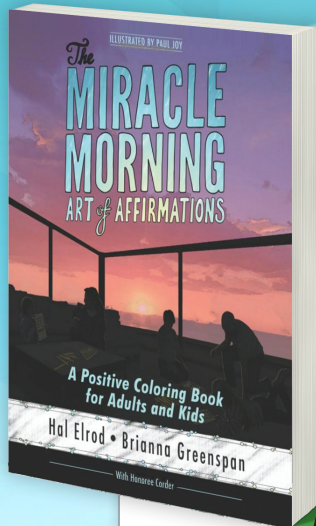
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Powerful affirmations that are uniquely designed to help create new neural pathways to empower and inspire you to live life to your full potential.





THE MIRACLE MORNING ART OF AFFIRMATIONS

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I have the ability
to
CHANGE
or
create
anything in my life,
starting now

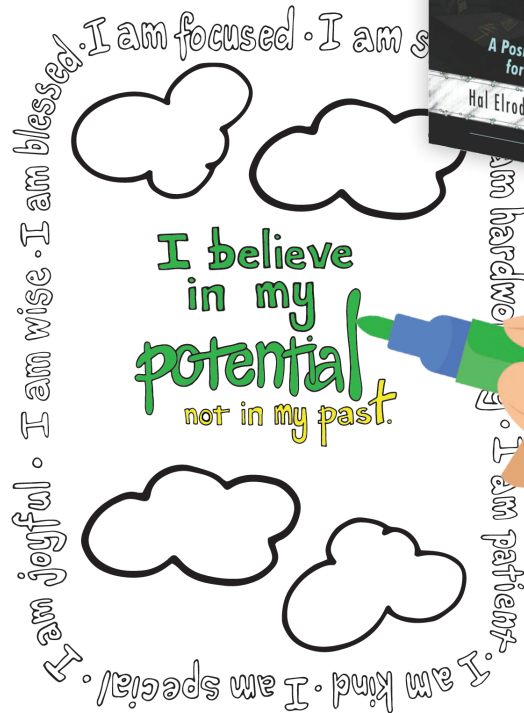
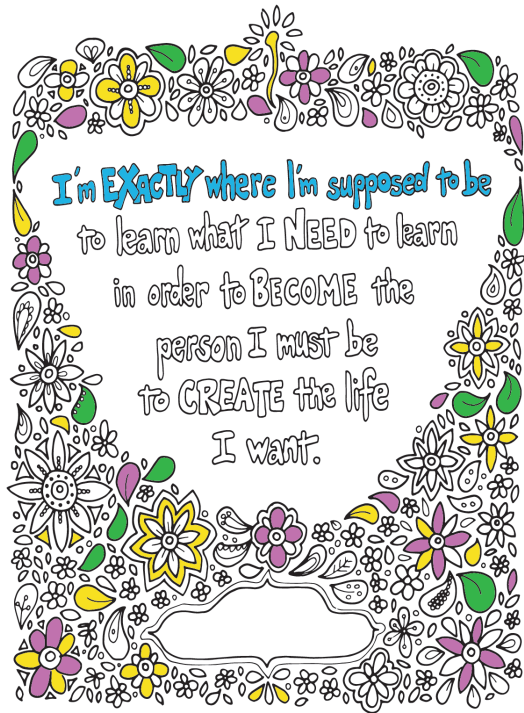
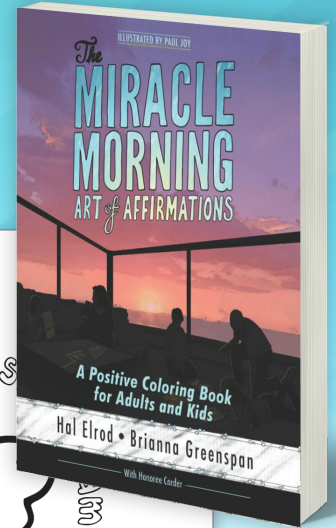
Varied images
here instill
positivity and
belief in oneself.

These pages are
a perfect tool to
decorate schools
to enhance
school culture
and climate.

Hal Elrod www.miraclemorning.com



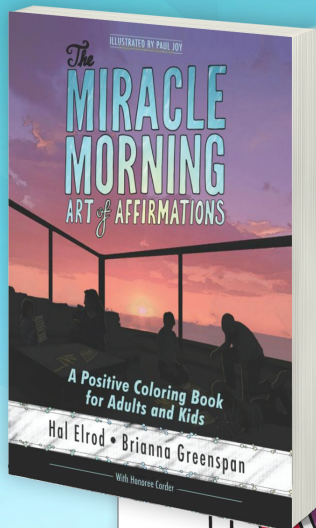
THE MIRACLE MORNING ART OF AFFIRMATIONS



Affirmations serve to inspire participants to persevere through their journeys to achieve their goals in life.

www.miraclemorning.com





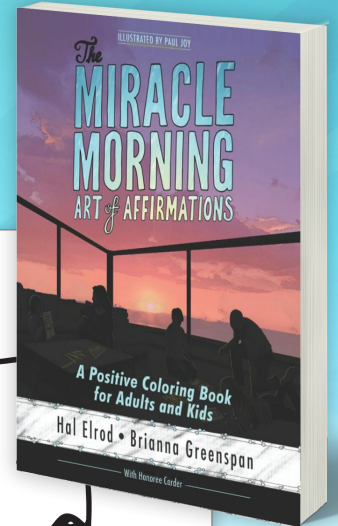
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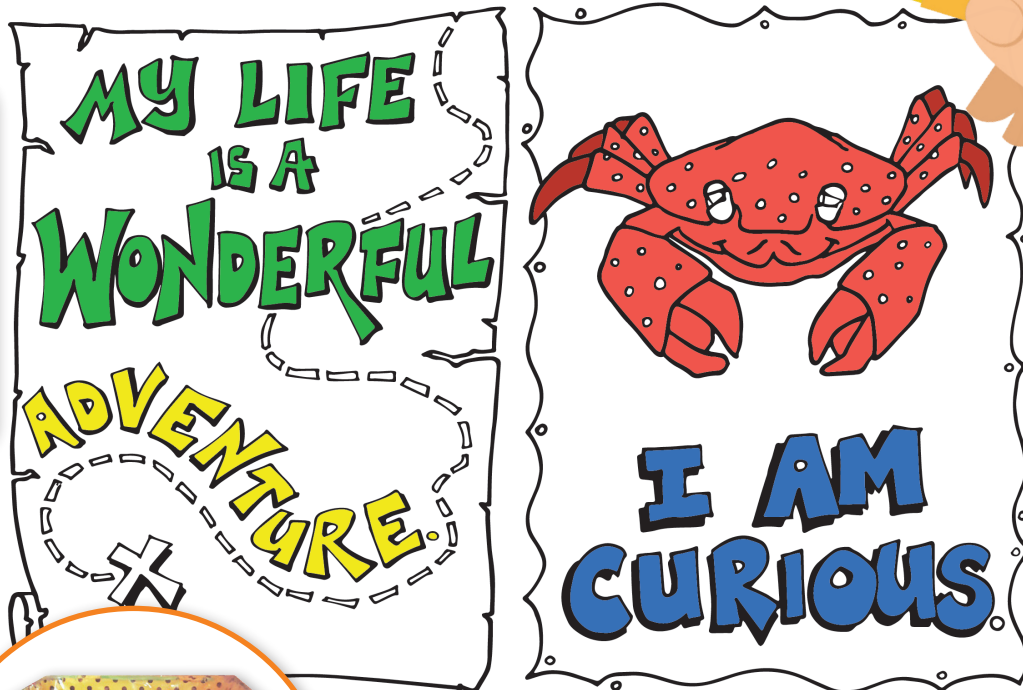


The perfect way to inspire consistency with the Miracle Morning C.H.A.R.M.S. Practice inside and outside the classroom.

THE MIRACLE MORNING ART OF AFFIRMATIONS

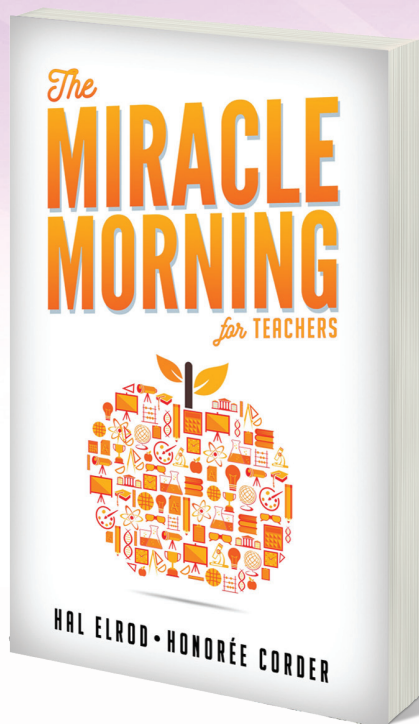


Great for making Dream Box, Vision Board, and many other activities both inside and outside the classroom.



www.miraclemorning.com





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<i>A first look at the impact that a morning routine can have on the success of your students, inside and outside of the classroom. Learn how the Miracle Morning and the Life S.A.V.E.R.S. can be used to make them happier, healthier, and better adjusted.</i>	

Section I:

The Miracle Morning + Life S.A.V.E.R.S

1. Why Mornings Matter to Teachers (More Than You Think)	1
<i>The art and science of why mornings are the key to transforming both your life and your students' lives for the better.</i>	
2. It Only Takes Five Minutes To Become a Morning Person	11
<i>How to actually wake up when the alarm goes off, going from being a snooze-aholic to an early bird in just five minutes.</i>	
3. The Life S.A.V.E.R.S.	23
<i>What exactly will you do to maximize your mornings? Discover six time-tested practices guaranteed to elevate your consciousness.</i>	

Whether virtual or in-person on the classroom level, the Life S.A.V.E.R.S. are the bridge to the COVID-19 gap that our schools have experienced.

THE MIRACLE MORNING FOR TEACHERS

The Miracle Morning for Teachers provides you with a practical everyday path of personal development and growth so you can show up for your students and have a better attitude and greater connection, as well as have a positive impact on your students both academically and personally.

Inspires teachers to understand:

- ✓ The formula for a quick yet powerful morning routine that can change the way they show up in their own lives and amplify the way that they lead the next generation
- ✓ How to become an empowered “morning person” in just minutes
- ✓ How to build unshakable confidence and self-esteem within themselves as well as those they lead
- ✓ The secret to becoming a legendary role model for their entire school community
- ✓ The steps to fostering profound connection and creating a more integrated community with a shared sense of purpose
- ✓ Simple techniques to boost their motivation, stimulate their creativity, recharge their “internal batteries,” and awaken the conscious leader within!

Teachers' days begin well before that first bell rings. *The Miracle Morning* is especially helpful for teachers who want to present themselves fully and be able to completely pour into their students.

Section II:
The Not-So-obvious Legendary Teacher Principles

4. Not-So-Obvious Legendary Teacher Principle #1:
SELF-LEADERSHIP 63
Discover the connection between your teaching, your students' success, and your personal development.

5. Not-So-Obvious Legendary Teacher Principle #2:
ENERGY ENGINEERING 93
Learn how to create and safeguard a boundless supply of energy to power your goals and dreams, and give the same gift to your students.

6. Not-So-Obvious Legendary Teacher Principle #3:
UNWAVERING FOCUS 117
Discover how to develop a laser-like focus on the things that matter most in your teaching career and your students' lives.

Section III:
The ABC's of Being a Legendary Teacher

7. Legendary Teacher Skill #1: A+ Attitude Optimization 130
Learn how to develop an attitude that will improve your quality of life, set a positive example for your students, and enable you to withstand everything that comes your way.

8. Legendary Teacher Skill #2: Best Behavior 144
Become the role model your students will model long after they've left your influence and your classroom.

9. Legendary Teacher Skill #3: Community Creation 154
Create a community and culture in your classroom that ensures your students feel like they truly belong.



Discover how unwavering faith and extraordinary effort are the simple formula for achieving goals both personally and professionally.

Who you are becoming is more important than what you do, and personal growth and leadership both on and off school grounds are essential to your continued development.

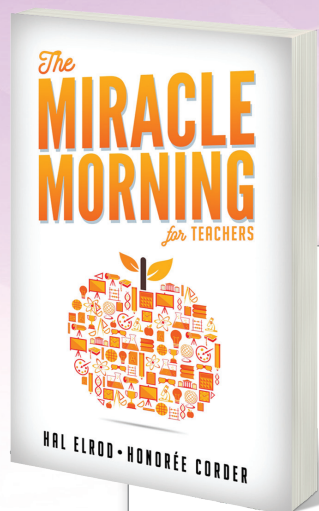
10. The Miracle Morning 30-Day Life Transformation Challenge 172
Bringing it all together, get the proven, step-by-step, 30-day process (including the most effective three-phase strategy for sustaining your new habits), so that you and your students are able to continue benefiting from your Miracle Mornings long after you've read this book.

A Special Invitation from Hal
(Just in case you missed it the first time.) 181

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[Bonus Chapter] The Miracle Equation:
The Two Decisions That Move Your Biggest Goals
from Possible, to Probable, to Inevitable 185
Discover the extraordinary results-producing strategy Hal has used to consistently defy the odds—from surviving a near-fatal car accident to beating cancer—and set new standards for what's possible. His strategy has empowered countless others, even those facing seemingly impossible challenges, to do the same.

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THE MIRACLE MORNING FOR TEACHERS

A first look at the impact that a morning routine can have on the success of your students inside and outside of the classroom.

INTRODUCTION AND OVERVIEW



We're delighted you're here! What teachers do is nothing short of a miracle, and we've created *The Miracle Morning for Teachers* just for you—the teacher who wants more than just to punch a clock, teach a subject, and retire after thirty years.

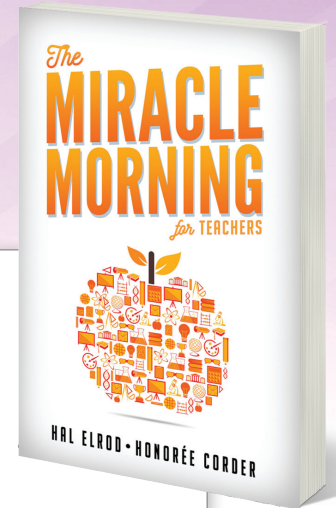
You're here because you want—and are ready for—*more*. You want more from your teaching career. You want more *for* your students. You want more *from* your students. And you want more for yourself.

And that, our teacher friend, is why we wrote this book.

Turning the *Miracle Morning Mission* of *elevating the consciousness of humanity, one morning at a time* from a vision into a reality will require reaching the next generation, and then the next, and then the next. This won't occur while we wait (and hope) for them to *possibly* come in contact with *The Miracle Morning* or Hal in some happenstance way, but instead, by us engaging others with direct contact. Those on the front lines. Those who impact our children repeatedly and intimately.

Teachers.

THE MIRACLE MORNING FOR TEACHERS



Meet Legendary Teacher-Contributor Deborah Schaezner

Grades 5-6, Tom McCall Upper Elementary School

Teaching is tough. Even as a teacher with twenty-five years of experience at the fifth- to sixth-grade level, I still find meeting the needs of my students to be challenging. Students with multiple ACEs [Adverse Childhood Experiences] (trauma) and learning disabilities are on the rise. Over a quarter of my students are English Language Learners, one of whom is a newcomer. Wanting success for my students, I am always looking for new ways to help them.

When I heard about *The Miracle Morning* and how it aligns with growth mindset and trauma-informed practices, I was convinced it would provide the help my students need.

My class's experience with the Life S.A.V.E.R.S. started at the beginning of the 2017 school year. Knowing I would be looping with this new group of fifth-grade students, I made the six-minute Miracle Morning S.A.V.E.R.S. part of our daily routine, knowing it would pay dividends in their sixth-grade year.

Unfortunately, when state testing started, our daily routine was interrupted, ending our S.A.V.E.R.S. as we headed into the last month of the school year. The difference in the classroom was obvious, even to the students. In their end-of-the-year reflections, students admitted to feeling more anxious and not "ready" for the day. Several wished the S.A.V.E.R.S. routine could have continued during the state testing time.

With the new school year, I re-established the six-minute S.A.V.E.R.S. practice with more than just an academic focus. This time, when creating their affirmations, we discussed who they wanted to be as a person, as well as a successful student.

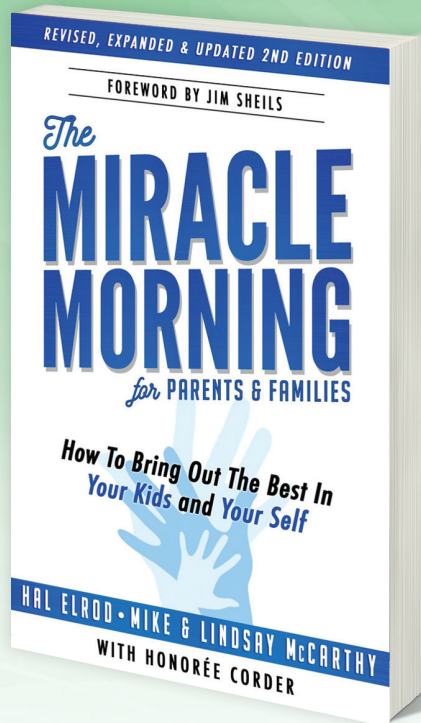
The class easily fell back into the routine. Students created posters with definitions and details of what it takes to be successful. They looked at their own academic data and determined what they needed to improve. At the end of the month, students spent time reflecting on what worked for them.

Out of the twenty-eight students who completed the reflection, twenty-five found value in the S.A.V.E.R.S. and wanted to continue them for the remainder of the year. Multiple students shared that the Silent and Exercise times should be two minutes each, as those are their favorites. One student wrote, "I love the minute of silence. I can clear my mind." Another student wrote, "The exercise is awesome because I have a lot of energy and it helps me get rid of some of it."

All twenty-eight students agreed that all teachers should be using the Miracle Morning. One of my girls wrote that "getting back into this routine has helped me start my day off right."

Students want routines, and they want to know that they are more than just a test score. When the focus switched from just academics to who they wanted to be as a person, the changes were dramatic. Students began asking themselves, "Is this what a successful student would do?" Or, "Is this going to help me reach my goal?" Maintaining focus like this at such a young age would make for successful individuals in the future, and, after all, isn't that the goal?

L.I.F.E.S.A.V.E.R.S.
in the daily
curriculum has
now become the
life saver for
countless students
and teachers.



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The six most powerful, proven personal development practices guaranteed to save you from missing out on the growth and levels of happiness you deserve.

THE MIRACLE MORNING FOR PARENTS & FAMILIES

Raising a family can be a tough job. Parents face a new world of technology, social issues, and challenges every hour of every day. Our kids face struggles none of us could have even imagined as children. One question is always playing in our heads: How do we support our children while improving the relationship we have with them?

To answer this question, this book was specially designed to teach parents the importance of having a morning practice, and it gives parents a step-by-step approach to getting out of bed. This morning practice includes several not-so-obvious parenting principals:

- ✓ Self-leadership
- ✓ Energy engineering
- ✓ Unwavering focus
- ✓ Purposefulness, playfulness, and perspective

Learn this 5-step process to increase your Wake-Up Motivation Level and truly become a morning person for good.



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ACKNOWLEDGMENTS.....

Focus is something that can be hard to come by in this day and age of distractions. Luckily, these strategies help parents build their focus muscle to make them seem like a superparent.

The first skill of exceptional parenting is to be purposeful. This is all about having a clear take on your family's vision, your expectations and values, your partnerships, and your communication.

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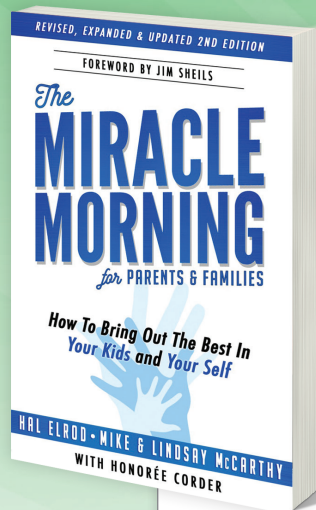
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Develop your ability to consistently generate clarity, motivation, and focus for what matters most, regardless of how you feel or what is going on around you.

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THE MIRACLE MORNING FOR PARENTS & FAMILIES

Hasn't every parent said, "Having a child or children doesn't come with instructions!"

— 1 —

WHY MORNINGS MATTER (MORE THAN YOU THINK)

*If John Lennon was right that life is what happens
when you're making other plans, parenthood is what happens
when everything is flipped over and spilling everywhere
and you can't find a towel or a sponge or your "inside" voice.*

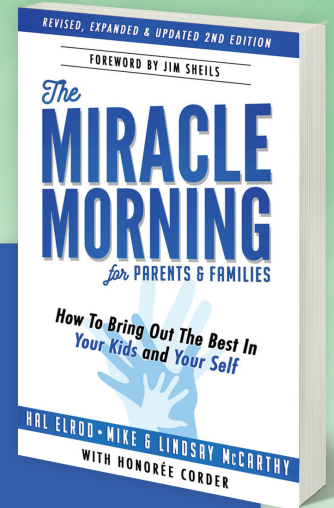
—Kelly Corrigan, *Lift*

"The award for 'not being a Morning Person' goes to Lindsay!" Yes, on my seventh-grade overnight field trip, my bunkmates chose this one for me. It was so obvious I hated mornings that it literally defined me. If you told me then that I would one day write a book with my husband encouraging people to wake up early to become a better person, I probably would have told you that you were crazy. But here we are!

Do you start your day feeling overwhelmed? I'd be willing to bet that most parents do. Many don't even set an alarm clock. Their day starts when the kids run into the room, full of energy, feeling hungry, and in

THE MIRACLE MORNING FOR PARENTS & FAMILIES

The Miracle Morning for Parents & Families is uniquely designed to accelerate and facilitate outstanding personal development and responsibility for people of all ages. These activities are focused on themes including:



CREATIVITY

Helping children to develop a sense of identity to express their experiences and emotions through various activities, including play, art, writing, and physical games.

.....



HEALTH

Ensuring children exercise and make smart food choices and that they develop good habits to develop healthy minds and bodies.

.....



AFFIRMATIONS

Presenting children with the power to motivate them to act positively and change negative thinking to create self-change.

.....



READING

Developing the essential literacy skills so children can become lifelong learners.

.....



MEDITATION

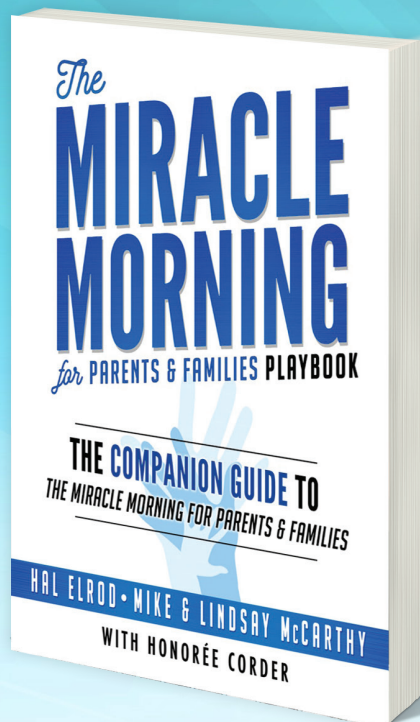
Teaching children to be present in the moment to help them build self-esteem and self-awareness.

.....



SERVICE

Inspiring children to know that they are a valuable member of the household and capable of helping out, as well as to teach them to help others to make the world a better place.



THE MIRACLE MORNING FOR PARENTS & FAMILIES PLAYBOOK

Just like a sports team has a playbook of different strategies, your family needs one too. This book contains unique exercises and strategies that will help your family create the systems to win at the game of parenting.

Exercises include:

- ✓ EXERCISE ONE: YOUR FAMILY BEDTIME RITUAL
- ✓ EXERCISE TWO: YOUR FAMILY MIRACLE MORNING
- ✓ EXERCISE THREE: YOUR UNIQUE FAMILY VALUES
- ✓ EXERCISE FOUR: THE S.T.A.R.R. SYSTEM
- ✓ EXERCISE FIVE: YOUR FAMILY SCREEN-TIME CONTRACT
- ✓ EXERCISE SIX: YOUR FAMILY GOALS
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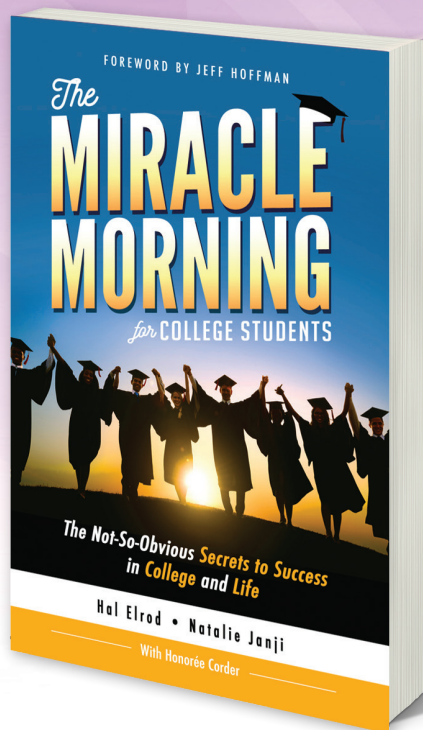
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Longtime Miracle Morning practitioners know that an intentional morning actually started the night before. Use this exercise to create a bedtime ritual that works for everyone in the family.

Goal setting is an essential life skill, so why not teach your kids how to do it at an early age? Help kids choose goals that they can complete individually as well as within a family unit.



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<i>Discover how to increase your academic productivity and developing your ability to consistently prioritize, plan, and focus on your highest priorities, regardless of outside forces.</i>	

Each practice in the *Life S.A.V.E.R.S.* helps students to gain greater self-awareness, allowing them to grow each day to be better versions of themselves and to improve every area of their lives.

THE MIRACLE MORNING FOR COLLEGE STUDENTS

Inspires students to build a college career that will lead to success throughout their work career and the rest of their lives.

This practice includes mastery of college student success skills:

- ✓ Student Success Skill: Academics
- ✓ Student Success Skill: Social Life
- ✓ Student Success Skill: Health
- ✓ Student Success Skill: Prep for Postgraduation



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Students cultivate their social lives to become well-rounded individuals, thus moving closer to their Level 10 vision of college student success.

Waking up in the morning with a plan helps students see the obstacles that may be present during the day, which provides them an opportunity to choose how they will *respond* to each obstacle successfully.

You'll have a better GPA.

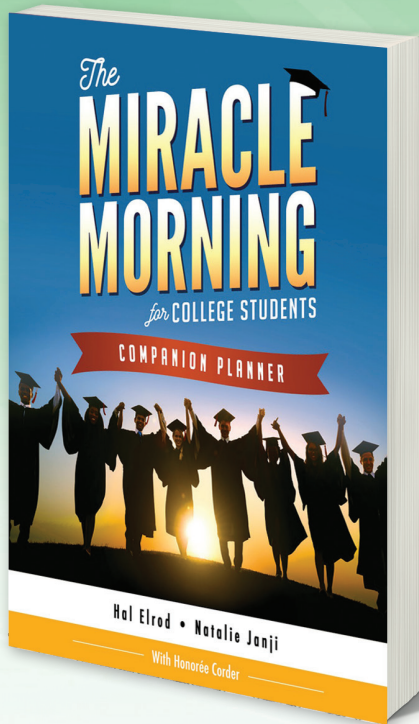
A study conducted at The University of North Texas in 2008 titled “Morningness a Predictor of Better Grades in College” revealed that college students who identified themselves as “early birds” had GPAs a full point higher than those who were “night owls” (3.5 GPA vs. 2.5 GPA). Its findings were published in the *American Academy of Sleep Medicine*, within which Dr. Daniel Taylor, the professor who led this study, said that being a morning person was worth a “full letter grade difference” for college students.

You'll be more proactive and productive.

Christoph Randler is a professor of biology at the University of Education in Heidelberg, Germany. In the July 2010 issue of *Harvard Business Review*, Randler shared his finding that “People whose performance peaks in the morning are better positioned for career success, because they’re more proactive than people who are at their best in the evening.” According to New York Times best-selling author and world-renowned entrepreneur Robin Sharma, “If you study many of the most productive people in the world, they all had one thing in common—they were early risers.”

You'll anticipate problems and head them off at the pass.

Randler went on to surmise that morning people hold all of the important cards. They are “better able to anticipate and minimize problems, are proactive, have greater professional success, and ultimately make higher wages.” He noted that morning people are able to anticipate problems and handle them with grace and ease. If you think about it, this could be the key to decreasing the level of stress that inevitably comes with being a college student.



THE MIRACLE MORNING FOR COLLEGE STUDENTS COMPANION PLANNER

This book is designed to be the perfect resource to implement the Life S.A.V.E.R.S. for building a plan that will lead to success throughout your work career and the rest of your life!

Features strategies that help students to master self-leadership and personal growth:

- ✓ Manage your energy—physical, mental, and emotional
- ✓ Apply your new skills to your academics, your social life, your health, and even your plans for postgraduation and career



WEEKLY REFLECTION

- 1) What was my greatest accomplishment this week?
- 2) Who or what am I grateful for?
- 3) What activity from this last week took away from my focus and time?
- 4) What is one thing I can do to be better prepared for this week?
- 5) What am I looking forward to during the upcoming week?

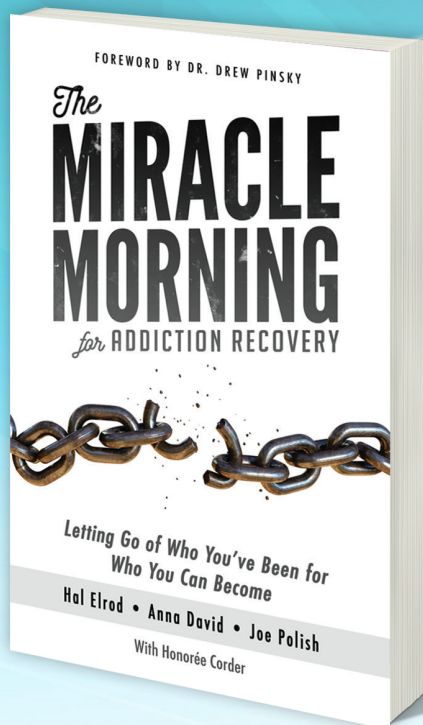
Weekly scheduling enables young adults to take action on their highest priorities in order to move closer to achieving a Level 10 Life.

BRAINSTORM

FINANCIAL CHECKBOX

Questions	Yes	No
Did I remain on budget this week?		
Did I buy what I needed over what I wanted?		
If you got paid this week, did you place 10% of it in your savings?		
Have I taken a percentage (1%-10%) to donate?		
Did I use my credit card wisely this week?		
How can I manage my money more wisely this week?		

Financial literacy allows individuals to understand and maximize whatever level of income they earn. It helps people develop budget and planning rituals that can help transform their lives.



THE MIRACLE MORNING FOR ADDICTION RECOVERY

Offers a blueprint for getting started in managing addiction recovery. The routines and practices introduced here are designed to help you let go of who you've been so that you can become who you want to be.

It is part of the first step you take each and every day, and it allows you to focus on daily routines and recovery skills, including:

- ✓ Embrace Your Community
- ✓ Clean Up Your Body
- ✓ Clear Your Mind
- ✓ Blow Up Your Career

The Miracle Morning for Addiction Recovery is the long sought-after standard to be given upon first entry into recovery.



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<i>Discover how to increase your productivity and get more done, developing your ability to consistently prioritize, plan, and maintain unwavering focus in regard to your highest priorities, regardless of outside forces and distractions.</i>	

This book is the 21st-century standard, from which all RECOVERY facilities and sponsors can benefit.

The Miracle Morning for Addiction Recovery is your Recovery 101 teacher.

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Hal Elrod, Author

Hal Elrod is living proof that every single one of us has the ability to overcome our adversity and create the most extraordinary life we can imagine. At age 20, Hal was hit head-on by a drunk driver, died for six minutes, broke 11 bones, suffered permanent brain damage, and was told he would never walk again. Defying the logic of doctors and the temptations to be a victim, he has gone on to become a Hall of Fame business achiever, ultramarathon runner, multiple-time #1 best-selling author, hip-hop recording artist, husband, father, and international keynote/motivational speaker.



Brianna Greenspan, Author

Brianna Greenspan has been using the power of positive affirmations for the past 13 years to overcome physical challenges brought on by being born with a chronic invisible illness. When Brianna decided that the labels and limitations of her medical team did not align with what she believed to be possible for her life, everything began to change. Instead of being held back by neck braces, surgeries, and countless doctors' visits, Brianna completed her first 10k and hiked Half Dome at Yosemite National Park.

Brianna is living proof that the power of positive affirmations coupled with extraordinary faith and immense effort really can overcome the biggest obstacles.

In spite of Brianna's personal health battles and previous limiting beliefs, Brianna's decision to see the word "*impossible*" as "*I'm possible*" has propelled her to reach new levels of achievement. By incorporating the *Miracle Morning* into her life, her outlook on her previous limitations was thrown out the window by adopting the mindset that with a commitment, she could achieve anything.



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PRICING INFORMATION

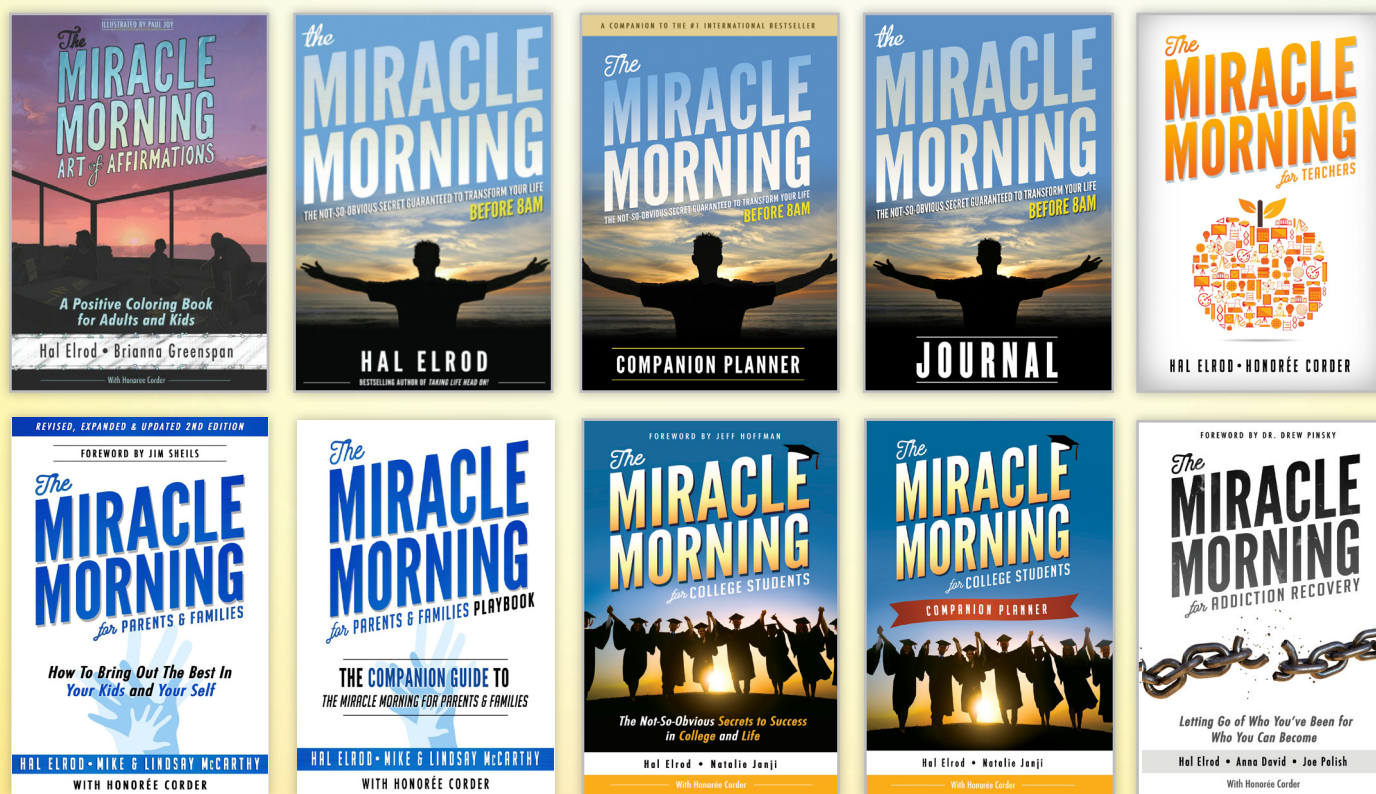
TITLE	ISBN	PRICE
<i>The Miracle Morning Art of Affirmations</i>	9781942589105	\$19.97
<i>The Miracle Morning Before 8am</i>	9780979019715	\$19.97
<i>The Miracle Morning Companion Planner</i>	9781942589211	\$19.97
<i>The Miracle Morning Journal</i>	9780979019784	\$19.97
<i>The Miracle Morning for Teachers</i>	9781942589334	\$19.97
<i>The Miracle Morning for Parents & Families</i>	9781942589341	\$19.97
<i>The Miracle Morning for Parents & Families Playbook</i>	9781942589365	\$19.97
<i>The Miracle Morning for Addiction Recovery</i>	9781942589259	\$19.97
<i>The Miracle Morning for College Students</i>	9781942589174	\$19.97
<i>The Miracle Morning for College Students Companion Planner</i>	9781942589198	\$19.97

"The *Miracle Morning* books are remarkable. Given the challenges of the last year, when I introduced this series to my teachers and students, miracles indeed did happen! Our culture and climate domain was rated highly effective. Our students were calmer and had a more positive mindset. Attendance improved, there were no suspensions, and overall behavioral issues declined significantly."

—School Principal, New York City

"What Hal has done is taken the best practices, developed over centuries of human consciousness development, and condensed the 'best of the best' into a daily morning ritual. A ritual that is now part of my day."

—Robert Kiyosaki, bestselling author of *Rich Dad Poor Dad*



For more information,
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Email: info@lightswitchlearning.com
lightswitchlearning.com

