

The Miracle Morning

by Hal Elrod

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Prepare the first page tonight**

Before bed, place your alarm across the room, set a glass of water nearby, and open your journal to a blank page with tomorrow's date.

MON TUE WED THU FRI SAT SUN

⁰² **Run the six-minute S.A.V.E.R.S.**

Spend one minute each on silence, affirmations, visualization, exercise, reading, and scribing. Keep it deliberately too small to resist.

MON TUE WED THU FRI SAT SUN

⁰³ **Write one identity sentence**

Create an affirmation that names the behavior you are training, the reason it matters, and the next specific action you will take.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Visualize the process**

Picture yourself doing the uncomfortable first step of tomorrow's priority, not only enjoying the finished result.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Score the morning, not the mood**

After the ritual, write a 1 to 10 readiness score and one adjustment that would make tomorrow easier to begin.