

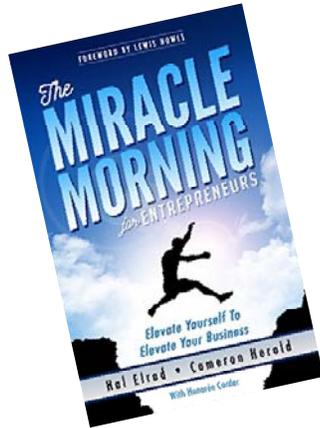


Creating Your Morning Ritual Menu

“How you start your day largely determines the quality of your day, your work, and your life” ~ Hal Elrod

© Karen Fritz

Hal Elrod made it a movement



“Power of the Miracle Morning’s six Life
S.A.V.E.R.S.

THESE SIX DAILY PRACTICES WILL FUEL YOUR
EFFORTS TO CREATE AND SUSTAIN POSITIVE
CHANGE IN YOUR LIFE.”

His book is available on Amazon!

What are the Six Practices? They spell SAVERS...

- Silence that allows you to quiet your mind and attune
- Affirmations that help you move through fears and create your life
- Visualization primes you to accomplish your goals with ease
- Exercise to get your blood flowing and move your body
- Read for improvement and inspiration
- Scribing in your journal to process and capture new ideas



How long is this going to take?

It is completely scalable to fit your available time!



~ From Hal Elrod's site, <http://halelrod.com/6-minute-miracle-morning/>

THE (6-MINUTE) MIRACLE MORNING

Imagine that the first six minutes of every morning begins like this...

• Minute One... (Silence)

- Imagine waking up in the morning, and instead of rushing carelessly into your hectic day—feeling stressed and overwhelmed—imagine that you instead spend the first minute sitting in purposeful Silence. You sit, very calm, very peaceful, and you breathe deeply, slowly. Maybe you say a prayer of gratitude to appreciate the moment, or pray for guidance on your journey. Maybe, you decide to try your first minute of meditation. As you sit in silence, you're totally present in the now, in the moment. You calm your mind, relax your body, and allow all of your stress to melt away. You develop a deeper sense of peace, purpose, and direction...

• Minute Two... (Affirmations)

- You pull out your daily Affirmations—the ones that remind you of your unlimited potential and your most important priorities—and you read them out loud from top to bottom. As you focus on what's most important to you, your level of internal motivation increases. Reading over the reminders of how capable you really are, gives you a feeling of confidence. Looking over what you're committed to, what your purpose is, and what your goals are re-energizes you to take the actions necessary to live the life you truly want, deserve, and now know is possible for you...

• Minute Three... (Visualization)

- You close your eyes, or you look at your vision board, and you visualize. Your Visualization could include your goals, what it will look and feel like when you reach them. You visualize the day going perfectly, see yourself enjoying your work, smiling and laughing with your family, or your significant other, and easily accomplishing all that you intend to accomplish for that day. You see what it will look like, you feel what it will feel like, and you experience the joy of what you will create...

• Minute Four... (Scribing)

- Imagine, pull out your journal, and in your journal, you take a minute to write down what you're grateful for, what you're proud, and the results you're committed to creating for that day. Doing so, you put yourself in an empowered, an inspired, and confident state of mind.

• Minute Five... (Reading)

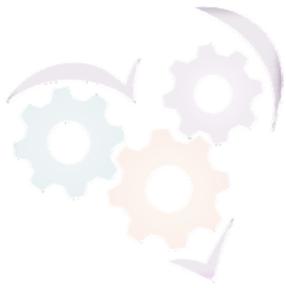
- Then, you grab your self-help book and invest one miraculous minute reading a page or two. You learn a new idea, something that you can implement into your day. You discover something new that you can use to feel better—to be better.

• Minute Six... (Exercise)

- Finally, you stand up and you spend the last minute, doing jumping jacks for 60 seconds and getting your heart rate up and getting energized and waking yourself up and increasing your ability to be alert and to focus.

How would YOU feel if that's the 6-minute you started your day with? How would the quality of your day—your life—improve?

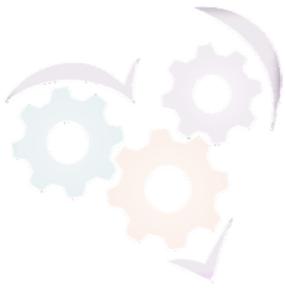
~ From Hal Elrod's site, <http://halelrod.com/6-minute-miracle-morning/>



Jeff Goins Shares His Morning

- **Wake up.** Usually around 5 or 6 am (whenever our son gets up). The first thing I do is make a bottle and feed the baby, letting my hard-working wife sleep in a little.
- **Make breakfast.** Usually eggs (I try to start the day with protein, not carbs). Start boiling water for French press coffee.
- **Write something, anything.** This can be a blog post, book chapter, article, or just some random notes to myself. For me, it's not about *what* I write as much as it is important just to write. Usually, I wrote around 1000 words; sometimes less, sometimes more. As I do this, I drink coffee and listen to music while my son plays.
- **Check email.** Reply to the most important items. Delete everything I don't need from the previous day.
- **Check in on social media.** If I've written a post for the day, this is when I would share it.
- **Finish coffee.** At this point, it's usually cold, because I forgot to drink in my haste to begin writing.
- **Read something.** This may be a novel, the Bible, or one of many nonfiction books I am in the middle of. Whatever it is, it *must* be analog. I find holding a book activates a different part of my brain than reading on a screen. I also enjoy audiobooks but listen to those throughout the day.
- **Go for a walk.** I often use taking the dog for a walk as an excuse to get some exercise. I use this time to think, pray, and collect my thoughts for the day.
- **Take a shower.** Then get dressed and get ready to begin the day.
- **Drink a large glass of water (at least a liter).** Then sit at my "desk" (i.e. the kitchen table, couch, or actual desk) and start working.

~ <https://goinswriter.com/morning-routine/>

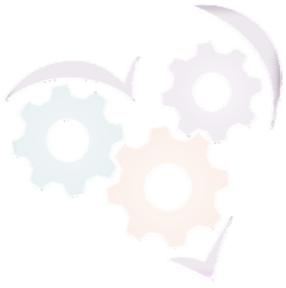


Sweet and Simple for Zen Habits

- Wake at 4:30 a.m.
- Drink water.
- Set 3 Most Important Things (MITs) for today.
- Fix lunches for kids and myself.
- Eat breakfast, read.
- Exercise (run, bike, swim, strength, or yardwork) or meditate.
- Shower.
- Wake wife & kids at 6:30 a.m.

~ <https://zenhabits.net/habit-4-my-morning-routine/>

- To see other morning routines, check out:
 - <https://michaelhyatt.com/power-of-rituals.html>
 - <http://www.lifehack.org/303629/the-daily-rituals-7-successful-ceos>



I'm a little more visual than that, so here's my first one...

Karen's Morning Ritual

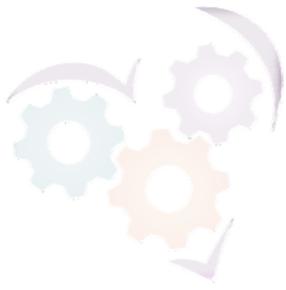
In order to FEEL

- Source-saturated
- Cherished
- Clear
- Vitality
- Contentment
- Magnificent
- Flourishing

- Cuddle pets and bask in gratitude
- Water or lemon tea
- Coffee
- Relax & Indulge: Facebook and email
- Enneagram daily prayer
- Select daily priorities / theme
- Visualize & Journal. Soul communication. Review Divine Coordinates, soul agreements. Outside if possible.
- Coherence expansion
- Home care and grounding contentment
- Breakfast and supplements

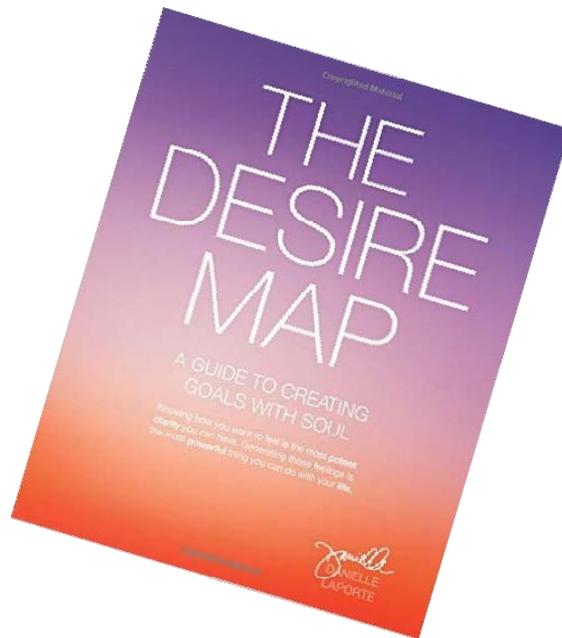
Self-Loving Daily Cherish

- Take all supplements
- Drink water
- Gentle exercise
- Power Hour



Daily Intention – QUALITY of Experience

- How do you want to FEEL this day?
 - How do you want to show up?
 - What are the qualities of your truest self?
 - What qualities do you most want to express?
-
- Include your word for the year
 - Include your Core Desired Feelings from *The Desire Map*



<https://www.amazon.com/Desire-Map-Guide-Creating-Goals/dp/1622032519>



Game Board

Here's a playful way for you to make your own poster!

- Print the icons for your pieces.
- Place on the grid to create the morning that will activate your day.
- Print and post where you'll see it easily!
- A note on the "3 Most Important Things": Scan your ginormous to-do list from the computer and select the 3 things you want to have finished by the end of the day. Not all the shoulds, not the laundry list. Just the 3 that will move you forward and allow you to feel satisfaction at the end of the day.



Body

Mind

Heart/Soul



shower



exercise



check
calendar



read



inspiration



creative



eat



walk



3 Most
Impt Things



gratitude



express



coffee



brainstorm



journal



check
social media



meditate
pray



drink
water



dance



check email



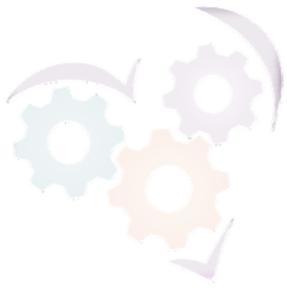
kids to
school



Karen's Inspiring Morning

In order to FEEL Source-saturated, Cherished, Clear, Vitality, Contentment, Magnificent, Flowrishing

First 15 min	30 min	30 min	15 min	Later
				
				
				
				



My Beautiful Morning

In order to FEEL...

First _ min	_ min	_ min	_ min	_ min