

**6 Minute
Miracle Morning
Meditation**

WHY

I think we can all agree that investing six minutes in our Personal Development is reasonable, even when we're busy, and I think you may be pleasantly surprised when you see just how POWERFUL (and life-changing) six minutes can be!

Minute One... (Silence)

You wake up this morning fresh, and instead of rushing carelessly into your hectic day you instead spend the first minute sitting in purposeful Silence.

You sit, very calm, very peaceful, and you breathe deeply, slowly. Take one minute now.

Minute One...

(Silence)

Maybe you say a prayer of gratitude to appreciate the moment, or pray for guidance on your journey.

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 can now pull out your daily Affirmations—the ones that remind you of your unlimited potential and your most important priorities—and start reading them out loud from top to bottom.

As you focus on what's most important to you, your level of internal motivation increases.

Minute Two... (Affirmations)

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 Two...

(Affirmations)

Here are few affirmations for you:

- I realize that my life is a miracle. I am grateful for all of my blessings!
- I am surrounded by blessed unexpected miracles
- I am a miracle magnet and I experience miracles in every wonderful way
- Today is full of miracles

Minute Three... (Visualization)

Now it's time to visualize. Close your eyes once again. 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)

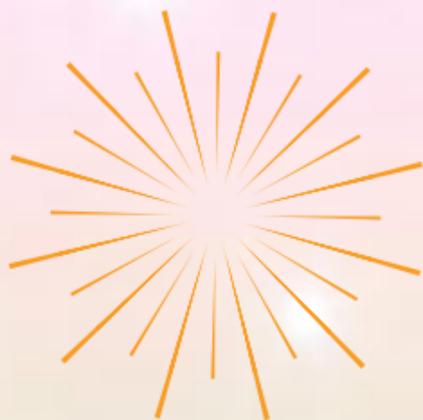
Now, grab your self-help book and invest one miraculous minute reading a page or two. You learn a new idea, something that you can implement into your day. You discover something new that you can use to feel better—to be better.

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.

Affirmation

*I live a life
full of
wonderful
miracles!*



If you are looking to expand your inner wisdom; you might be interested in my "Become + Be The Oracle" training program.

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