

Creating Positive Habits - Part 2 of Hal Elrod's *The Miracle Morning*™

By Arin Jayes

Last week I introduced BIAMD members to Hal Elrod's *The Miracle Morning*™ to provide tools for restructuring our lives in the context of quarantine. To recap, Hal Elrod is a traumatic brain injury and cancer survivor who has written numerous self-development books, the most popular of which is the *The Miracle Morning*™. The central concept of the book is that by starting every morning with positive habits, you will incorporate discipline, clarity, and personal development into your daily life. *The Miracle Morning*™ routine is based around the acronym *S.A.V.E.R.S*™ which stands for silence, affirmations, visualization, exercise, reading, and scribing. By starting your morning with these habits, you are setting yourself up for a successful day filled with energy and productivity.

This week, I am focusing on how we develop and sustain positive habits. Starting a new routine like *The Miracle Morning*™ requires us to change our habits. Changing habits has become particularly challenging for people during quarantine because our normal habits have shifted and been replaced with new habits.

What is a habit? Habits are behaviors that are repeated regularly and tend to occur subconsciously. Your life is created by habits. Your habits can be positive or negative, from brushing your teeth to biting your nails. The total of all of your habits is what creates your everyday life, and changing up your daily habits has a significant impact on your life.

So why is it so difficult to implement and sustain the habits we need to be happy, healthy, and successful? Change is painful! Whether psychologically or physically, once a habit has been reinforced through enough repetition, it can be hard to change. In addition, good habits need an effective strategy in order to stick. One of the primary reasons people struggle to create and sustain new habits is because they don't know what to expect and they don't have a strategy.

Hal Elrod argues that with strategy and planning, you can form a new habit in 30 days. For more information about strategizing and planning your new habit, [The Miracle Morning Website](#) has useful tools and you can [click here](#) to find many downloads for free. One of these downloads includes a [30-Day Transformation Tracker worksheet](#), where you can track your progress and troubleshoot issues. Forming a new habit in 30 days may sound intimidating, and you likely will experience phases of difficulty in your journey. Here is what these phases may look like, but it can look different for everyone:

Phase 1 (Days 1-10): Unbearable

Although the first few days can be easy - because it's something new - as soon as the newness wears off, reality sets in. You hate it. It's painful. It's not fun anymore. Every fiber of your being tends to resist and reject the change. Your mind rejects it and you think: I hate this. Your body resists it and tells you: I don't like how this feels. This stage is temporary. When you are prepared for the first ten days and you know its the price to pay for the end result, you are more likely to succeed.

Phase 2 (Days 11-20) Uncomfortable

After you get through the first 10 days - the most difficult days - you begin the second 10 days phase, which is considerably easier. You will be getting used to your new habit. You will also have developed some confidence and positive associations to the benefits of your habit. At this stage it is tempting to fall back into old behaviors. Stay committed: you've already gone from unbearable to uncomfortable!

Phase 3 (Days 21-30) Unstoppable

The final 10 days in where you positively reinforce and associate pleasure with your new habit. You've been primarily associating pain and discomfort with it during the first 20 days. Instead of hating and resisting your new habit, you start feeling proud of yourself for making it this far. This is when you begin to see and feel the benefits. You start enjoying the habit, which helps you continue it in the future!

Interested in learning more about building positive habits and breaking negative ones?

Check out Judson Brewer's TEDTalk ["A Simple Way to Break a Habit."](#)