

## Finding Structure in a Chaotic World - Hal Elrod's The Miracle Morning™ By Arin Jayes

This summer, I had the pleasure of co-facilitating a support group on Monday nights for the Baltimore Job Hunters Support Group (BJHSG). The group was born in 2011 out of the Great Recession, when millions of people lost their jobs and many individuals experienced what is now referred to as long-term unemployment. The Monday group I co-facilitate is geared towards individuals affected by the extraordinary employment circumstances of the COVID-19 pandemic. Recently, I lead a 3-part psychoeducational series based around Hal Elrod's *The Miracle Morning™* to provide tools for structuring our lives in the context of quarantine.

*The Miracle Morning™* is a personal development routine developed by writer Hal Elrod, who is a traumatic brain injury survivor. At the age of 20, he was hit head-on by a drunk driver at 70 miles per hour and his heart stopped for 6 minutes. When he awoke from a coma, he was told that he would never walk again. After undergoing intensive rehabilitation and therapies, he went on to run a 52-mile marathon and become a hall of fame business achiever before his 30th birthday. He went on to produce numerous self-development books, the most popular of which is *The Miracle Morning™: The Not-So-Obvious Secret Guaranteed to Transform Your Life Before 8 AM*. This book has been translated into 27 languages and *The Miracle Morning™* is being practiced by hundreds of thousands of people across the globe. In 2016, he confronted life-threatening circumstances again when he was diagnosed with a rare and aggressive form of cancer called acute lymphoblastic leukemia. After enduring rigorous cancer treatments, he is cancer-free and currently producing a documentary about *The Miracle Morning™*.

Hal asserts that by waking up each morning and practicing the *Life S.A.V.E.R.S™*, you will begin each day with an extraordinary level of *discipline* (the ability to get yourself to follow through with your commitments), *clarity* (the power you'll generate from focusing on what's most important to you), and *personal development* (the single most determining factor in your overall success, happiness, and quality of life). *The Miracle Morning™* is about becoming the person you need to be to create the life you truly desire.

Has the COVID-19 pandemic zapped your energy and productivity? You may want to try the *S.A.V.E.R.S™* routine to get through the challenging circumstances of quarantine. You can design your own personal development plan that is designed around your own needs and strengths.

So what does the S.A.V.E.R.S. acronym stand for?

### **S if for SILENCE**

Meditation. Prayer. Breathing. Whatever it is for you, the idea is to quiet your mind, block out the chatter, and start the day with calm thoughts. This is a time to appreciate the present moment. Meditation apps are very helpful for this. [Insight Timer](#) is my favorite.

### **A is for AFFIRMATIONS**

Affirmations are encouraging words that tell yourself to achieve your goals, overcome fears, be healthy and happy, and live out your purpose. It is about programming your unconscious mind

for continued success. Affirmations strengthen your commitment to developing behaviors that will transform your ideas into reality. In the words of Muhammad Ali, “It’s the repetition of affirmations that lead to belief. Once that belief becomes a deep conviction, things begin to happen.”

### **V is for VISUALIZATION**

Imagine yourself doing each thing, step by step, that you need to do to accomplish your goals. Then imagine what it will feel like when you succeed. Creative visualization enables you to design the vision that will occupy your mind, ensuring that the greatest pull on your life is your future. So how does this work? Step 1 is to sit comfortably, breathe deeply, and close your eyes. Step 2 is to visualize what you really want - your major goals, deepest desires, and most exciting, would-totally-change-my-life-if-I-achieved-them dreams. Step 3 is to visualize who you need to be and what you need to do. See yourself engaged in the positive actions you’ll need to do each day, and make sure you see yourself enjoying the process. You might want to consider creating a vision board as an added level of motivation.

### **E is for EXERCISE**

Exercising in the morning gets your blood flowing, wakes you up, and improves your concentration throughout the day. It doesn’t have to be powerlifting or long distance running. For example, you could practice bodyweight exercises for 5 minutes to get the body and oxygen flowing to the brain. You may also want to try yoga, walking, or running.

### **R is for READING**

Fill your brain with positive thoughts and ideas to improve yourself. Learn the knowledge of people who have accomplished the things you want to do. Reading provides you with the opportunity to start out your day learning something new.

### **S is for SCRIBING**

Writing in a journal will help you be more self-aware and intentional about your thoughts and actions. Whether you prefer to write in a paper journal or on the computer, writing or “scribing” enhances mindfulness. [The Miracle Morning™](#) website has writing prompts to help you get started.

### **Excited to learn more?**

[The Miracle Morning Website](#) has useful tools, and you can [click here](#) to find many downloads for free. Also, [The Miracle Morning Community](#) is a Facebook Group where people can troubleshoot issues that they are facing and find support from other people who practice the Miracle Morning.

### **Also, check out these Youtube Videos about *Miracle Morning™***

[Hal Elrod's Keynote Speech](#)

[If You Can't Change Your Emotions Do This Instead](#)