



My Miracle Morning Practice Plan

The best way to build consistency with your Miracle Morning routine is to make it your own. Use this "Practice Planner" to design your personal practice.

How long do you plan to practice? _____

What time will you wake up? _____

Where will you practice? _____

Which SAVERS will you practice?



What resources do you need to complete your Miracle Morning?
How can you make them easily accessible?

How will you track your progress?

Pro-Tips for the evening before:

- Put anything you need to complete your Miracle Morning routine in the area where you will practice.
- Read the MM Bedtime Affirmations to yourself.

REMEMBER:

It takes time to embrace something new and **consistency** is the key to success.

