

The Miracle Morning

The Miracle Morning The Miracle Morning: Unlock Your Full Potential and Transform Your Life

The miracle morning is a revolutionary morning routine designed to help individuals maximize their productivity, boost their mental clarity, and achieve their personal and professional goals. Developed by Hal Elrod, this concept emphasizes the importance of starting each day intentionally and purposefully. By dedicating a dedicated period each morning to self-improvement practices, countless people have transformed their lives, experiencing increased happiness, motivation, and success. In this comprehensive guide, we will explore the core principles of the miracle morning, its benefits, how to establish a routine, and tips for staying committed.

--- What Is the Miracle Morning?

The miracle morning is a structured morning routine that typically lasts between 6 to 60 minutes, depending on individual schedules. It involves engaging in a series of intentional activities designed to nurture the mind, body, and spirit. The goal is to set a positive tone for the day, build momentum, and cultivate habits that foster long-term growth.

The Origin of the Miracle Morning Hal Elrod, a motivational speaker and author, introduced the concept in his book *The Miracle Morning*. After experiencing a life-altering car accident and facing various setbacks, Elrod realized the importance of starting each day with purpose. His routine combines elements from various success philosophies, emphasizing personal growth and self-care.

The Core Components: SAVERS The foundation of the miracle morning is encapsulated in the acronym SAVERS, representing six core practices:

- Silence: Meditation, prayer, or deep breathing to promote calmness and clarity.
- Affirmations: Positive statements to reinforce beliefs and goals.
- Visualization: Imagining success and vividly experiencing desired outcomes.
- Exercise: Physical activity to boost energy and health.
- Reading: Consuming inspiring or educational material.
- Scribing: Journaling or writing to reflect and set intentions.

--- The Benefits of Practicing the Miracle Morning Adopting the miracle morning routine can lead to numerous positive outcomes, both immediate and long-term.

Physical and Mental Health Benefits

- Increased energy levels
- Reduced stress and anxiety
- Improved focus and mental clarity
- Better sleep quality
- Enhanced physical health through regular exercise

Productivity and Performance

- Enhanced goal setting and achievement
- Greater discipline and consistency
- Improved time management
- Increased motivation throughout the day

Personal Growth and Well-being

- Heightened self-awareness
- Stronger mindset and resilience
- Greater gratitude and positivity
- Improved relationships through increased mindfulness

--- How to Establish Your Miracle Morning Routine Starting a new routine can be challenging, but with a clear plan, consistency, and patience, it becomes an attainable goal. Here's a step-by-step guide to help you get started:

1. Define Your Why Identify why you want to incorporate the miracle morning into your life. Your motivation could be to reduce stress, improve health, achieve career goals, or cultivate gratitude.
2. Determine Your Wake-Up Time Decide on a wake-up time that allows you to dedicate at least 6 minutes to your routine. Remember, even a brief practice can yield benefits.
3. Design Your Routine Based on the SAVERS framework, create a personalized routine. For example:
 - 1 minute of silence or meditation
 - 2

minutes of affirmations - 1 minute of visualization - 10 minutes of exercise - 10 minutes of reading - 3 minutes of journaling Adjust durations based on your schedule and preferences. 4. Prepare the Night Before Set out your workout clothes, books, journal, and any other materials needed. Preparing in advance reduces friction and makes it easier to stick to your routine. 5. Start Small and Build Up Begin with shorter sessions and gradually increase as you become more comfortable. Consistency is more important than duration initially. 6. Track Your Progress Keep a journal or use an app to monitor your daily practice. Celebrate milestones to stay motivated. 7. Adjust as Needed Flexibility is key. Modify your routine to fit your evolving needs and lifestyle. --- Tips for Maintaining a Successful Miracle Morning Routine Sticking to a new habit requires discipline and perseverance. Here are some tips to help you stay committed: - Create a dedicated space: Designate a peaceful corner for your practice. - Use alarms and reminders: Set alarms to wake up and cue your routine. - Limit distractions: Keep your phone away or on silent during your practice. - Stay accountable: Share your goals with a friend or join a community. - Be patient: Changes take time; don't get discouraged by setbacks. - Reflect regularly: Review your progress and adjust your routine for better results. --- Common Challenges and How to Overcome Them Embarking on the miracle morning journey may come with obstacles. Here's how to address common issues: Difficulty Waking Up Early - Gradually adjust your bedtime and wake-up time. - Create a compelling reason to get up early. - Use motivating alarms or lights. Lack of Time - Shorten your routine initially. - Wake up 10-15 minutes earlier. - Combine activities, like listening to audiobooks while exercising. Loss of Motivation - Revisit your why regularly. - Track and celebrate progress. - Mix up activities to keep things engaging. Inconsistency - Commit to a 30-day challenge. - Automate your routine as much as possible. - Be forgiving and restart if you miss a day. - -- Success Stories: How the Miracle Morning Transforms Lives Many individuals have experienced profound changes through the miracle morning routine. Some common themes include: - Increased confidence and clarity - Better work-life balance - Enhanced creativity and problem-solving skills - Stronger relationships - Achieving personal milestones Sharing stories can serve as inspiration and motivation to stay committed. --- Final Thoughts: Embrace the Power of Your Mornings The miracle morning is more than just a routine; it's a mindset shift that empowers you to take control of your life. By dedicating time each morning to self-improvement, you lay the foundation for success, happiness, and fulfillment. Remember, consistency is key, and even small daily efforts compound over time. Start today, stay committed, and watch as your mornings—and your life—transform. --- Frequently Asked Questions (FAQs) Q1: How long should the miracle 3 morning routine be? A: Typically, 6 to 60 minutes. Even a brief 10-minute practice can be impactful. Q2: Can I customize the routine to fit my schedule? A: Absolutely. Personalize activities and durations to suit your lifestyle. Q3: What if I'm not a morning person? A: Gradually shift your schedule, and incorporate routines that energize you to make mornings more enjoyable. Q4: Is the miracle morning suitable for everyone? A: Yes, with modifications, it can benefit anyone looking to improve their productivity and well-being. Q5: How long does it take to see results? A: Results vary, but many notice positive changes within a few weeks of consistent practice. - -- By adopting the principles of the miracle morning, you are investing in yourself and your future. Embrace the early hours, cultivate positive habits, and unlock your full potential. Your best self awaits—start your miracle morning today! QuestionAnswer What is 'The Miracle Morning' and who created it? 'The Miracle Morning' is a morning routine philosophy developed by Hal Elrod that

focuses on transforming your life through positive habits practiced each morning. It emphasizes practices like meditation, affirmations, visualization, exercise, reading, and journaling to start the day with purpose and energy. How can 'The Miracle Morning' improve my productivity? By dedicating time each morning to intentional practices, 'The Miracle Morning' helps boost mental clarity, focus, and motivation, leading to increased productivity throughout the day as you set a positive tone and clear goals early on. Is 'The Miracle Morning' suitable for beginners or busy individuals? Yes, 'The Miracle Morning' can be tailored to fit any schedule or experience level. You can start with just a few minutes and gradually expand your routine, making it accessible for beginners and those with busy lifestyles. What are the core components of 'The Miracle Morning'? The core components are known as 'SAVERS': Silence (meditation), Affirmations, Visualization, Exercise, Reading, and Scribing (journaling). These practices help cultivate mindfulness, motivation, and personal growth. Can 'The Miracle Morning' help improve mental health? Yes, many people find that practicing 'The Miracle Morning' enhances mental well-being by reducing stress, increasing positivity, and fostering self-awareness through consistent morning routines. How long should I spend on 'The Miracle Morning' routine? The routine can range from as little as 6 minutes to an hour. Many recommend starting with 10-20 minutes and adjusting based on your schedule and goals. Are there any success stories from people who practice 'The Miracle Morning'? Absolutely. Many individuals report significant improvements in their personal and professional lives, including increased confidence, motivation, and achievement, after adopting the habits promoted by 'The Miracle Morning'.

4 The Miracle Morning: Unlocking Your Potential with a Morning Routine

In today's fast-paced world, many individuals find themselves overwhelmed, exhausted, and struggling to maintain focus on their personal and professional goals. Amidst this chaos, a concept has emerged that promises to transform lives by harnessing the power of early mornings – The Miracle Morning. Popularized by Hal Elrod in his bestselling book *The Miracle Morning*, this morning routine has garnered millions of followers worldwide, all seeking to boost productivity, improve mental clarity, and foster personal growth. But what exactly is the Miracle Morning? Is it a fleeting trend or a genuine life-changing strategy? In this comprehensive review, we will analyze the core principles, components, benefits, and practical implementation of this revolutionary approach to starting your day. ---

Understanding the Concept of The Miracle Morning

The Miracle Morning is more than just waking up early; it's a structured routine designed to maximize the first hours of the day to set a positive tone, cultivate personal development, and enhance overall well-being. Hal Elrod advocates waking up at least one hour before your usual time, dedicating that hour to intentional practices that nourish your mind, body, and spirit. The core philosophy hinges on the idea that how you start your morning significantly influences your entire day. By establishing a consistent, purposeful routine, you can cultivate habits that lead to increased productivity, emotional resilience, and a heightened sense of fulfillment. ---

The Six Life-Savers Components of The Miracle Morning

Elrod identifies six key practices, collectively known as SAVERS, which form the backbone of the Miracle Morning routine. Each component addresses a different aspect of personal development, ensuring a holistic approach to self-improvement.

1. **Silence** Purpose: Cultivating mindfulness, reducing stress, and fostering clarity. Implementation: This can involve meditation, deep breathing exercises, prayer, or simply sitting in quiet reflection. The goal is to start the day with a calm mind, setting a centered tone that helps manage stress and improve focus. Benefits: - Reduces cortisol levels and anxiety - Enhances

emotional regulation - Promotes mental clarity for decision-making Expert Tip: Even just five minutes of mindful breathing can significantly impact your mental state throughout the day. 2. Affirmations Purpose: Reprogramming your subconscious mind with positive, empowering beliefs. Implementation: Craft specific, present-tense statements that align with your goals. The Miracle Morning 5 Repeat these affirmations aloud or silently, focusing on their meaning and emotional impact. Examples: - "I am capable of achieving my goals." - "I am confident and resilient." - "Every day, I grow stronger and wiser." Benefits: - Boosts self-confidence - Replaces negative thought patterns - Reinforces your commitment to personal growth Expert Tip: Write your affirmations in a journal and revisit them daily for maximum effect. 3. Visualization Purpose: Creating mental images of success to motivate action and reinforce commitment. Implementation: Spend a few minutes imagining yourself achieving your goals, experiencing the feelings associated with success, and overcoming obstacles. Benefits: - Enhances motivation - Builds mental resilience - Clarifies your desired outcomes Expert Tip: Engage all senses during visualization to make the experience more vivid and impactful. 4. Exercise Purpose: Boosting energy, improving physical health, and enhancing mental clarity. Implementation: This can range from stretching, yoga, or brisk walking to more intense workouts, depending on your fitness level and preferences. Benefits: - Increases blood flow and energy levels - Improves mood through endorphin release - Supports long-term health goals Expert Tip: Even 10 minutes of high-intensity movement can provide substantial benefits. 5. Reading Purpose: Continuous learning and personal development. Implementation: Dedicate time to reading books, articles, or audiobooks that inspire, educate, or motivate you. Benefits: - Expands knowledge and skills - Sparks new ideas and perspectives - Keeps you inspired and engaged Expert Tip: Keep a list of recommended readings aligned with your goals to ensure consistent progress. 6. Scribing (Journaling) Purpose: Reflecting on progress, expressing gratitude, and clarifying goals. Implementation: Write about your thoughts, achievements, challenges, or things you're grateful for. Journaling helps process emotions and track personal growth over time. Benefits: - Enhances self-awareness - Reinforces positive habits - Provides motivation through reflection Expert Tip: Use prompts like "Today I am grateful for..." or "My goals for today are..." to maintain focus. --- The Miracle Morning 6 The Benefits of Adopting The Miracle Morning Routine Implementing the Miracle Morning can lead to profound transformations across various aspects of your life. Here are some well-documented benefits: 1. Increased Productivity Starting your day with intentional practices helps you prioritize, set clear intentions, and eliminate distractions. Many users report that they accomplish more tasks in the morning hours, leveraging the momentum built during their routine. 2. Improved Mental Health Practices like silence, gratitude, and visualization foster emotional resilience, reduce stress, and combat anxiety. Regularly engaging in these activities creates a positive mindset that carries into daily interactions. 3. Greater Self-Discipline and Consistency Waking up early and sticking to a routine develops habits of discipline, which spill over into other areas such as diet, exercise, and work habits. 4. Enhanced Physical Health Incorporating exercise into your morning can lead to increased energy, better sleep, and long-term health improvements. 5. Personal Growth and Self-Awareness Regular reading and journaling cultivate self-awareness, helping you uncover limiting beliefs and develop a growth mindset. 6. Better Time Management The structured morning routine reduces procrastination and helps you start the day with purpose, making your overall schedule more effective. --- Implementing The Miracle Morning: Practical Tips and Considerations

While the concept is straightforward, successfully integrating the Miracle Morning into your life requires intentional planning and commitment. The Miracle Morning 7

1. Customize Your Routine Not everyone's schedule or preferences are the same. Feel free to modify SAVERS components to fit your lifestyle. For instance, if you're not a morning person, start with just one or two elements and gradually add others.
2. Start Small Begin with 10-15 minutes and extend as you become more comfortable. Consistency is more important than duration initially.
3. Prepare the Night Before Lay out your workout clothes, reading materials, journal, and affirmations the night before to streamline your morning.
4. Set a Realistic Alarm Time Adjust your bedtime to ensure you get sufficient sleep, so waking early doesn't lead to exhaustion.
5. Stay Accountable Track your progress with a journal or app. Join online communities or accountability partners for motivation.
6. Be Patient and Persistent Building a new habit takes time. Even if you miss a morning or two, don't be discouraged. Return to your routine and keep moving forward.

--- Common Challenges and How to Overcome Them

Adopting any new habit comes with hurdles. Here are some typical obstacles and strategies to address them:

- Difficulty Waking Up Early: Gradually shift your bedtime earlier; use alarms across the room.
- Lack of Motivation: Remind yourself of your goals; connect with communities for support.
- Time Constraints: Prioritize your routine; integrate shorter practices initially.
- Boredom or Loss of Interest: Mix up activities; explore new reading materials or meditation techniques.

--- Final Thoughts: Is The Miracle Morning for You? The Miracle Morning is not merely a set of activities but a philosophy that emphasizes intentionality, consistency, and self-care. Its simplicity and flexibility make it accessible to a wide range of individuals seeking personal growth and increased productivity. While it The Miracle Morning 8 requires discipline and commitment, many who have embraced this routine report life-changing results, including improved mental health, heightened motivation, and a greater sense of purpose. Whether you're looking to boost your career, improve your health, or cultivate a more positive mindset, the Miracle Morning offers a practical, evidence-backed approach to transforming your mornings – and, ultimately, your life. Remember: The key to success with the Miracle Morning is consistency. Start small, personalize your routine, and stay committed. Over time, these early morning practices can become powerful catalysts that unlock your full potential. morning routine, personal development, productivity, mindfulness, self-improvement, morning habits, positive mindset, goal setting, meditation, motivation

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usa today and la times bestseller discover the morning routine that has transformed millions of lives now customized for those over 50 for more than a decade hal elrod s groundbreaking book the miracle morning has helped people around the world live happier healthier more fulfilling lives through a simple morning routine now in partnership with senior living expert dwayne j clark whose four decades of experience include studying 80 000 seniors this special edition helps readers over 50 embrace aging with energy clarity and confidence the miracle morning after 50 blends proven personal development strategies with fresh science backed approaches to thriving later in life you ll learn how to customize the miracle morning s s a v e r s routine while also discovering ways to optimize brain health improve sleep and extend longevity and healthspan featuring new exercises mindset techniques and activities the miracle morning after 50 is designed to help you thrive and make these your best years yet in as little as six minutes a day you will learn to adapt the miracle morning s s a v e r s to your body s changing needs after 50 stay active and mobile with exercises for every fitness level strengthen balance and flexibility to help prevent falls and injuries cultivate resilience to handle life s challenges with greater ease practice calm and gratitude to support emotional well being boost energy and curiosity to stay vibrant and engaged deepen meaningful connections with family friends and community feel more independent and in control of your daily life align with your true purpose to live with clarity and direction the miracle morning after 50 provides an expertly tailored guide to help you thrive at every stage of life after 50 this book invites you to rise with intention reignite your passion and create a life of vitality clarity and lasting meaning

what s being widely regarded as one of the most life changing books ever written may be the simplest approach to achieving everything you ve ever wanted and faster than you ever thought possible hal elrod is a genius and his book the miracle morning has been magical in my life robert kiyosaki bestselling author of rich dad poor dad what if you could wake up tomorrow and any or every area of your life was beginning to transform what would you change the miracle morning is already transforming the lives of tens of thousands of people around the world by showing them how to wake up each day with more energy motivation and focus to take your life to the next level it s been right here in front of us all along but this book has finally brought it to life are you ready the next chapter of your life the most extraordinary life you ve ever imagined is about to begin it s time to wake up to your full potential every once in a while you read a book that changes the way you look at life but it is so rare to find a book that changes the way you live your life tim sanders new york times bestselling author of the likeability factor to read the miracle morning is to give yourself the gift of waking up each day to your full potential it s time to stop putting off creating the life you want and deserve to live read this book and find out how dr ivan misner ceo and founder of bni

usa today bestseller start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book with more than 2 million copies sold getting everything you want out of life isn t about doing more it s about becoming more hal elrod and the miracle morning have helped millions of people become the person they need to be to create the life they ve always wanted now it s your turn hal s revolutionary s a v e r s method is a simple effective step by

step process to transform your life in as little as six minutes per day silence reduce stress and improve mental clarity by beginning each day with peaceful purposeful quiet affirmations reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer visualization experience the power of mentally rehearsing yourself showing up at your best each day exercise boost your mental and physical energy in as little as 60 seconds reading acquire knowledge and expand your abilities by learning from experts scribing keep a journal to deepen gratitude gain insights track progress and increase your productivity by getting clear on your top priorities this updated and expanded edition has more than 40 pages of new content including the miracle evening optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your miracle morning the miracle life begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want

this book summary and analysis was created for individuals who want to extract the essential contents and are too busy to go through the full version this book is not intended to replace the original book instead we highly encourage you to buy the full version regarded as one of the most life changing books written the miracle morning takes only the simplest approach to live the life you deserve what if you could wake up tomorrow and you re finally living the life that you want it can happen when you put the necessary effort into making it happen the miracle morning provides the practices that are done by the most successful people around the globe this morning routine has transformed the lives thousands of people around the world and this is done simply by waking up each day with more energy motivation and focus to take life by the reins and push forward the next chapter of your life is more than what you have imagined possible wake up and accept your full potential wait no more take action and get this book now

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extended summary the miracle morning the 6 habits that will transform your life before 8am based on the book by hal elrod are you ready to boost your knowledge about the miracle morning do you want to quickly and concisely learn the key lessons of this book are you ready to process the information of an entire book in just one reading of approximately 20 minutes would you like to have a deeper understanding of the techniques and exercises in the original book then this book is for you book content awakening the miracle introduction to the miracle morning the 6 life changing practices unveiled rise and shine the power of early mornings silence and stillness mastering meditation for a balanced day affirmations rewiring your mind for success visualization painting your future with clarity exercise energize your body energize your life reading fueling your mind for growth scribing

the therapeutic power of journaling creating your miracle morning routine a step by step guide overcoming common challenges in morning rituals the miracle morning for entrepreneurs and career growth family matters incorporating the miracle morning with loved ones the science behind the miracle morning boosting productivity and happiness sustaining the miracle long term success with morning mastery

hal elrod is a genius robert kiyosaki new york times bestselling author rich dad poor dad start waking up to your full potential every single day with the updated and expanded edition of the groundbreaking book with more than 2 million copies sold this edition has more than 40 pages of new content including the miracle evening optimize your bedtime and sleep to wake up every day feeling refreshed and energized for your miracle morning the miracle life begin your path to inner freedom so you can truly be happy and learn to love the life you have while you create the life you want getting everything you want out of life isn't about doing more it's about becoming more hal elrod and the miracle morning have helped millions of people become the person they need to be to create the life they've always wanted now it's your turn hal's revolutionary s a v e r s method is a simple effective step by step process to transform your life in as little as six minutes per day silence reduce stress and improve mental clarity by beginning each day with peaceful purposeful quiet affirmations reprogram your mind to overcome any fears or beliefs that are limiting your potential or causing you to suffer visualization experience the power of mentally rehearsing yourself showing up at your best each day exercise boost your mental and physical energy in as little as 60 seconds reading acquire knowledge and expand your abilities by learning from experts scribing keep a journal to deepen gratitude gain insights track progress and increase your productivity by getting clear on your top priorities

thanks to hal elrod for his amazing book the miracle morning which consists on studying the most successful people's routines and here is the point of this journal trying to apply the activities that he called the life savers by perseverance this will radically transform your life and will offer you revolutionary results the six life savers are the following silence meditation affirmations visualisation physical exercise reading scribing

a guided journal for miracle morning routines thanks to hal elrod and his best selling book the miracle morning mornings and lives around the world have been transformed forever in the book hal goes into his findings from studying the most successful people's morning routines he takes note of six different activities many of them do and calls them savers whether you are a real estate broker marketer entrepreneur teacher salesperson or a parent with kids this journal will transform your life many successful people practice at least four of six of these activities but rarely do all six so what happens if you do all six activities 1 that's for you to find out 1 silence meditation 10 minutes the first thing to do is meditate for 10 minutes this can be silent meditation or guided meditation there are a number of documented benefits to meditation but doing this will give you added calm focus and concentration throughout the day 2 journaling part 1 5 minutes this is made up of two parts write down three things that you are grateful for today and 3 goals for the day these don't have to be big elaborate things they can be small and simple also keep the goals just to the day 3 affirmations or

prayer 5 minutes affirmations are positive statements that can help you to challenge and overcome self sabotaging and negative thoughts when you repeat them often and believe in them you can start to make positive changes 4 visualizations 5 minutes visualizations are similar to meditating the difference in meditation you do your best to think about nothing except your breathing in visualization you envision yourself accomplishing your goals the goal here is to visualize yourself doing and living your affirmation 5 scribing journaling part 2 15 30 minutes now that the mind is focused take the next 15 30 minutes to write freely this can be free writing about random things or structured writing it doesn't matter 6 reading 15 30 minutes reading is extremely important for all people it is a way we feed our brain what it needs to be happy it is known that some of the most famous and successful people in the world ie bill gates warren buffet and more spend about 80 of their working days reading and learning new information 7 exercising 10 30 minutes maybe this means going for a morning run before the sun wakes you or doing some yoga it doesn't have to be anything too rigorous

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make significant difference 7 exercising 10 30 minutes maybe this means going for a morning run before the sun wakes you or doing some yoga it doesn't have to be anything rigorous but some kind of activity is good

a guided journal for morning routines thanks to hal elrod and his best selling book the miracle morning mornings and lives around the world have been transformed forever in the book hal goes into his findings from studying the most successful people's morning routines he takes note of six different activities many of them do and calls them savers many successful people practice at least four of six of these activities but rarely do all six so what happens if you do all six that's for you to find out the miracle morning routine journal 1 silence meditation 10 minutes the first thing to do is meditate for 10 minutes this can be silent meditation or guided meditation there are a number of documented benefits to meditation but doing this will give you added calm focus and concentration throughout the day there are also many phone apps that can help you get started so don't wait 2 journaling part 1 5 minutes this is made up of two parts write down three things that you are grateful for today and 3 goals for the day these don't have to be big elaborate things they can be small and simple also keep the goals just to the day 3 affirmations or prayer 5 minutes affirmations are positive statements that can help you to challenge and overcome self sabotaging and negative thoughts when you repeat them often and believe in them you can start to make positive changes they are an extremely powerful way to rewire how your brain thinks thus changing how you feel and your external physical world choose an affirmation that is right for you and practice it for 5 minutes in silence my favorite affirmation is i can be what i will do be 4 visualizations 5 minutes visualizations are similar to meditating the difference in meditation you do your best to think about nothing except your breathing in visualization you envision yourself accomplishing your goals the goal here is to visualize yourself doing and living your affirmation 5 scribing journaling part 2 15 30 minutes now that the mind is focused take the next 15 30 minutes to write freely this can be free writing about random things or structure writing it doesn't matter sometimes it is simply helpful to empty out your thoughts on paper so that you have room during the day to learn and retain new things it can be a way of house cleaning 6 reading 15 30 minutes reading is extremely important for all people it is a way we feed our brain what it needs to be happy it is known that some of the most famous and successful people in the world ie bill gates warrant buffet and more spend about 80 of their working days reading and learning new information however that might be overkill for most people just 15 30 minutes every day will make significant difference 7 exercising 10 30 minutes maybe this means going for a morning run before the sun wakes you or doing some yoga it doesn't have to be anything rigorous but some kind of activity is good

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