

The Life S.A.V.E.R.S. are:

**S**ilence

**A**ffirmations

**V**isualization

**E**xercise

**R**eading

**S**cribing

Leveraging these six practices is how you will accelerate your Relationship Development during your newfound Miracle Morning ritual. They're customizable to fit you, your lifestyle, and your specific goals. And you can start implementing them first thing tomorrow morning.

Let's go through each of the Life S.A.V.E.R.S. in detail.

## **S is for Silence**

Silence, the first practice of the Life S.A.V.E.R.S., is a key habit for happy relationships. If you've been guilty of starting your day by immediately grabbing your phone or computer and diving into email, phone calls, social media, or text messages, then this is your opportunity to learn the power of beginning each day with peaceful, purposeful *silence*.

Like I did before the Miracle Morning, most people start the day when they absolutely have to, as opposed to choosing when to wake up. And most people run from morning to night, struggling to regain control for the rest of the day. It's not a coincidence. Starting each day with a period of silence instead will immediately reduce your stress levels and help you begin the day with the kind of calm and clarity that you need to focus on what's most important.

Remember, many of the world's most successful people are daily practitioners of silence. That shows you how important it is. It's not surprising that Oprah practices stillness—or that she does nearly all the other Life S.A.V.E.R.S., too. Musician Katy Perry practices transcen-

dental meditation, as do Sheryl Crow and Sir Paul McCartney. Film and television stars Jennifer Aniston, Ellen DeGeneres, Jerry Seinfeld, Howard Stern, Cameron Diaz, Clint Eastwood, and Hugh Jackman have all spoken of their daily meditation practices. Hip-hop mogul Russell Simmons meditates with his two daughters every morning for 20 minutes. Even famous billionaires Ray Dalio and Rupert Murdoch have attributed their financial success to the daily practice of stillness. You'll be in good (and quiet) company by doing the same.

If it seems like I'm asking you to do nothing, let me clarify: you have a number of choices for your practice of silence. In no particular order, here are a few to get you started:

- Meditation
- Prayer
- Reflection
- Deep breathing
- Gratitude

Whichever you choose, be sure you don't stay in bed for your period of silence, and better still, get out of your bedroom altogether.

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Here is Stacey's practice in her own words:

*For the last two decades, I have started my daily morning ritual with a practice called the Gratitude Flood. For about three minutes, I flood myself with declarations of gratitude. Starting with myself, all the things I'm grateful for about who I get to be today, the life I get to lead, my incredible optimal health and wellness, etc. Then I go into gratitude for Paul, and how grateful I am for who he is as a man. Then I flood myself with gratitude for Jake and for Grace. Each time, I focus on specific things about them that I'm truly grateful for. And I keep going from there. Sometimes it ends up lasting 15 minutes! By the time I'm done, my vibration is so high I feel as if I'm levitating off the*

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*pavement as I walk or run through the neighborhood! People probably think “There’s that crazy girl who smiles while she runs.”*

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## The Benefits of Silence

How many times do we find ourselves in stressful situations? How many times do we deal with urgent needs that take us away from our vision or plan? Stress is one of the most common side effects of a rocky relationship. We face the ever-present distractions of a dissatisfying relationship, combined with other people encroaching on our schedule and the inevitable fires we must extinguish. Lots of people have the uncanny ability to push our stress buttons.

Excessive stress is terrible for your health. It triggers your fight-or-flight response, which releases a cascade of toxic hormones that can stay in your body for days. That’s fine ... *if* you experience that type of stress only occasionally.

According to Christopher Bergland, a world-record holding triathlete, coach, and author, “The stress hormone, cortisol, is public health enemy number one. Scientists have known for years that elevated cortisol levels: interfere with learning and memory, lower immune function and bone density, increase weight gain, blood pressure, cholesterol, heart disease ... The list goes on and on. Chronic stress and elevated cortisol levels also increase risk for depression, mental illness, and lower life expectancy.”

Silence in the form of meditation reduces stress and, as a result, improves your health. A major study run by several groups, including the National Institutes of Health, the American Medical Association, the Mayo Clinic, and scientists from both Harvard and Stanford, revealed that meditation reduces stress and high blood pressure. A recent study by Dr. Norman Rosenthal, a world-renowned psychiatrist who works with the David Lynch Foundation, even found that people who practice meditation are 30 percent less likely to die from heart disease.

Another study from Harvard found that just eight weeks of meditation could lead to “increased gray-matter density in the hippocampus, known to be important for learning and memory, and in structures associated with self-awareness, compassion, and introspection.”

Meditation helps you to slow down and focus on you, even if it’s for only a short time. Start your meditation practice and say goodbye to feeling scattered and wandering aimlessly without intention and purpose through your day.

“I started meditating because I felt like I needed to stop my life from running me,” singer Sheryl Crow has said. “So meditation for me helped slow my day down.” She continues to devote 20 minutes in the morning and 20 minutes at night to meditation.

When you are silent in the morning, it opens a space for you before you encounter anyone else. The benefits are extraordinary and can bring you much-needed clarity and peace of mind so you bring your best self to any interaction. Practicing silence, in other words, can help you reduce your stress, improve cognitive performance, and become confident at the same time.

## Guided Meditations and Meditation Apps

Meditation is like anything else. If you’ve never done it before, it can be difficult or feel awkward at first. If you are a first-time meditator, I recommend starting with a guided meditation.

Here are a few of my favorite meditation apps that are available for both iPhone/iPad and Android devices:

- Headspace
- Calm
- Omvana
- Simply Being
- Insight Timer

There are subtle and significant differences among these meditation apps, one of which is the voice of the person speaking. Experiment and choose what works best for you.

If you don't have a device that allows you to download apps, simply go to YouTube or Google and search for the keywords "guided meditation." You can also search by duration (e.g., "five-minute guided meditation") or topic (e.g., "guided meditation for increased confidence").

## Miracle Morning (Individual) Meditation

When you're ready to try meditating on your own, here is a simple, step-by-step meditation you can use during your Miracle Morning, even if you've never done this before.

- Before beginning, it's important to prepare yourself and set expectations. This is a time for you to quiet your mind and let go of the compulsive need to be thinking about something—reliving the past or worrying about the future, but never living fully in the present. This is the time to let go of your stresses, take a break from worrying about your problems, and be here in this moment. It is a time to access the essence of who you truly are, to go deeper than what you have, what you do, or the labels you've accepted as who you are. If this sounds foreign to you, or too "new agey," that's okay. I've felt the same way. It's probably because you've never tried it before. But thankfully you're about to.
- Find a quiet, comfortable place to sit on the couch, a chair, the floor, or a pillow for added comfort.
- Sit upright, cross-legged. You can close your eyes, or you can look down at a point on the ground about two feet in front of you.
- Begin by focusing on your breath, taking slow, deep breaths. Breathe in through the nose and out through the mouth. The most effective breathing causes your belly to expand and not your chest.

- Now start pacing your breath. Breathe in slowly for a count of three seconds (one one thousand, two one thousand, three one thousand), hold it in for another three counts, and then breathe out slowly for a final count of three. Notice your thoughts and emotions settling down as you focus on your breath. Be aware that, as you attempt to quiet your mind, thoughts will still come in to pay a visit. Simply acknowledge them and let them go, always returning your focus to the breath.
- Allow yourself to be fully present in this moment. Some people refer to this state as *being*. Not thinking, not doing, just *being*. Continue to follow your breath and imagine inhaling positive, loving, and peaceful energy and exhaling all your worries and stress. Enjoy the quiet. Enjoy the moment. Just breathe ... Just be.
- If you find that you have a constant influx of thoughts, it may be helpful for you to focus on a single word, phrase, or mantra to repeat to yourself as you inhale and exhale. For example, you might try something like this: “I inhale confidence ...” (on the inhale) “I exhale fear ...” (as you exhale). You can swap the word confidence for whatever you feel you need to bring more of into your life (love, faith, energy, strength, etc.), and swap the word fear with whatever you feel you need to let go of (stress, worry, resentment, etc.).

Meditation is a gift you can give yourself every day. My time spent meditating has become one of my favorite parts of the Miracle Morning routine. It’s a time to be at peace and to experience gratitude and freedom from my day-to-day stressors and worries.

Think of daily meditation as a temporary vacation from the challenges of life. Although your problems will still be there when you finish each day, you’ll find that you’re more centered and better equipped to solve them.

## A is for Affirmations

Have you ever wondered how some people seem to be good at *everything* they do and consistently achieve at a level so high, you can hardly comprehend how you're ever going to join them? Or why others seem to drop every ball? Time and time again, it is a person's *mindset* that has proven to be the driving factor in their results.

Mindset is the accumulation of beliefs, attitude, and emotional intelligence. In her bestselling book, *Mindset: The New Psychology of Success*, Carol Dweck, Ph.D., explains it this way: “For twenty years, my research has shown that the view you adopt of yourself profoundly affects the way you lead your life.”

Others can easily sense your mindset. It shows up undeniably in your language, your confidence, and your demeanor. Your mindset affects everything! Show me someone with a successful mindset, and I'll show you someone who has a better chance of having a successful relationship.

I know firsthand, though, how difficult it can be to maintain the right mindset—the confidence and enthusiasm, not to mention motivation—during the roller coaster ride that comes with being in a committed relationship. Mindset is largely something we adopt without conscious thought. At a subconscious level, we have been programmed to think, believe, act, and talk to ourselves a certain way.

Our programming comes from many influences, including what others have told us, what we repeat to ourselves, and all of our good and bad life experiences. That programming expresses itself in every area of our lives, including the way we show up in our relationships, and that means that, if we want to be better at how we relate, we need to upgrade our mental programming.

Affirmations are a tool for doing just that. They enable you to become more intentional about your goals while also providing the encouragement and positive mindset necessary to achieve them.

Science has proven that affirmations—when done correctly—are one of the most effective tools for quickly becoming the person you need to be to achieve everything you want in your life—for yourself,

your partner, and your relationships. And yet affirmations also get a bad rap. Many people have tried them only to be disappointed with little or no results. You can, however, leverage affirmations in a way that will absolutely produce results for you. I'll show you how.

By repeatedly articulating and reinforcing to yourself *what* result you want to accomplish, *why* accomplishing it is important to you, *which* specific actions are required to produce that result, and, most importantly, precisely *when* you commit to taking those actions, your subconscious mind will shift your beliefs and behavior. You'll begin to automatically believe and act in new ways, and eventually manifest your affirmations into your reality. But first ...

## Why The Old Way Of Doing Affirmations Doesn't Work

For decades, countless so-called experts and gurus have taught affirmations in ways that have proven to be ineffective and set people up for failure. Here are two of the most common problems with affirmations.

### Problem #1: Lying to Yourself Doesn't Work

*I am a millionaire.* Really?

*I have 7 percent body fat.* Do you?

*I have achieved all of my goals this year.* Have you?

Creating affirmations as if you've already become or achieved something may be the single biggest cause of affirmations not being effective for most people.

With this technique, every time you recite the affirmation that isn't rooted in truth, your subconscious resists it. As an intelligent human being who isn't delusional, lying to yourself repeatedly will never be the optimum strategy. *The truth will always prevail.*



## Problem #2: Passive Language Doesn't Produce Results

Many affirmations are designed to make you feel good by creating an empty promise of something you desire. For example, here is a popular money affirmation that's been perpetuated by many:

*I am a money magnet. Money flows to me effortlessly and in abundance.*

This type of affirmation might make you feel good in the moment by giving you a false sense of relief from your financial worries, but it won't generate any income. People who sit back and wait for money to show up magically are cash-poor.

To generate the kind of abundance you want (or any result you desire, for that matter), you've got to actually do something. Your actions must be in alignment with your desired results, and your affirmations must articulate and affirm both.

## Four Steps to Create Miracle Morning Affirmations (That Produce Results)

Here are four simple steps to create and implement results-oriented Miracle Morning affirmations that will program your subconscious mind, while directing your conscious mind to upgrade your behavior, so that you begin to produce results and take your levels of personal and professional success beyond what you've ever experienced before.

### Step One: The Ideal Result You Are Committed to and Why

Notice I'm not starting with what you *want*. Everyone wants things, but we don't get what we want: we get what we're committed to. You want an unshakable love? Who doesn't? Join that nonexclusive club. Oh wait, you're 100 percent committed to transforming yourself to be your best and most authentic self, empowered with the tools and strategies that really work to bring out the best in your partner and transform your relationship into an unshakable love? Okay, now we're talking.

**Action:**

Start by writing down a specific, extraordinary result or outcome—one that challenges you, would significantly improve your life, and one that you are ready to commit to creating—even if you're not yet sure how you will do it. Then reinforce your commitment by including your *why*, the compelling reason you're willing to stay committed.

**Examples:**

- *I take 100 percent personal responsibility to transform my relationship. I choose to empower myself to become the hero of my family, and I no longer blame my partner!*
- *I am dedicated to and grateful for living the Relationship Development tools and strategies. Every day that I progress in implementing what I have learned, I become an even better, happier, and more authentic version of myself.*
- *I am 100 percent committed to learning to understand and appreciate the differences between my partner and me so that I can elevate our relationship.*

**Step Two: The Necessary Actions You Are Committed to Taking and When**

Writing an affirmation that merely affirms what you *want* without affirming what you are committed to *doing* is one step above pointless and can actually be counterproductive by tricking your subconscious mind into thinking that the result will happen automatically and without effort.

**Action:**

Clarify the (specific) action, activity, or habit that is required for you to achieve your ideal outcome and clearly state when and how often you will execute the necessary action.

## Examples:

- *To ensure that I don't fall into blame with my partner, in moments when I find myself frustrated or unhappy I will ask myself "What's my role in this? How can I shift this?"*
- *To ensure that I implement and live these tools instead of just learning them, I will get an accountability buddy within three days and check in with them regularly to celebrate my progress and stay accountable!*
- *To ensure that I stay committed to learning the differences, I will make time in my schedule to dedicate X hours per week to my Relationship Development learning! If I need to put a pause on things like TV, extra social time, or other nonessential activities for a while, I will absolutely do so! (Write your schedule in your journal and schedule it in your calendar NOW.)*

The more specific your actions are, the clearer your programming will be so that you consistently take those actions required to move you closer to your goals. Be sure to include *frequency* (how often), *quantity* (how many), and *precise time frames* (when you will begin and end your activities).

## Step Three: Recite Your Affirmations Every Morning with Emotion

Remember, your Miracle Morning affirmations aren't designed only to make you *feel good*. These written statements are strategically engineered to program your subconscious mind with the beliefs and mindset you need to achieve your desired outcomes while directing your conscious mind to keep you focused on your highest priorities and taking the actions that will get you there.

For your affirmations to be effective, however, it is important that you tap into your emotions while reciting them. Mindlessly repeating an affirmation without intentionally feeling its truth will have minimal impact for you. You must take responsibility for generating

authentic emotions such as excitement and determination, and powerfully infuse those emotions in every affirmation you recite.

You must affirm who you need to be to do the things you need to do so that you can have the results that you want. I'll say this again: it isn't magic. This strategy works when you connect with *the person you need to become* on the way to achieving your goals. It's who you are that attracts your results more than anything else.

### **Action:**

Schedule time each day to read your affirmations during your Miracle Morning to program your subconscious and focus your conscious mind on what's most important to you and what you are committed to doing to make it your reality. That's right, you must read them daily. Reading your affirmation occasionally is as effective as an occasional workout. You'll start seeing results only when you've made them a part of your daily routine.

A great place to read affirmations is in the shower. If you laminate them and leave them there, then they will be in front of you every day. Put them anywhere you can to remind you: an index card under your car's sun visor, a sticky note on your bathroom mirror—you can even write them directly on a mirror with dry erase markers. The more you encounter them, the more the subconscious mind can connect with them to change your thinking and your actions.



Here is Stacey's practice in her own words:

*Over the last four years I have catapulted the effectiveness of my affirmation process by using note cards. When I find an opportunity to crush a belief system that is not serving me or find a new goal or intention that I want to solidify in my life, I write an affirmation card about it. I keep my cards in a stack on my nightstand. I have one for every key area of my life. I typically have between 6 and 9 cards in my stack at any given time. Every night before bed, I put myself into a passionate*

*and intentional state, and I read every card as the very last thing I do before I close my eyes. Then I release and allow my other-than-conscious mind to keep doing the work for me while I sleep. When I wake up in the morning, the first thing I do is pop out of bed and intensely incant my affirmation cards to start my day!*

*Every time I manifest the affirmation on one of my cards, I put a big check mark across the card with a thick marker and put it in a pile of done cards in my nightstand drawer. I love how ginormous that stack of done cards is today!*

**Ninja Secret:** *Whenever I write a new affirmation card that feels like a stretch compared to my current human reality, I go back and read all my done cards. At one time, each of those felt like a big stretch too, and now I've blown by them as my new normal! It helps me strengthen my faith.*



## Step Four: Constantly Update and Evolve Your Affirmations

As you continue to grow, improve, and evolve, so should your affirmations. When you come up with a new goal, dream, or extraordinary result you want to create for your life, add it to your affirmations.

Like Stacey, I have affirmations for every single significant area of my life (finances, health, happiness, relationships, parenting, etc.), and I continually update them as I learn more. And I am always on the lookout for quotes, strategies, and philosophies that I can add to improve my mindset. Anytime you come across an empowering quote or philosophy and think, *Wow, that is an area where I could make a huge improvement*, add it to your affirmations.

Remember, your affirmations should be tailored to you and what you are *personally* committed to. They must be specific to work on your subconscious.

Your programming can change and improve at any time, starting right now. You can reprogram any perceived limitations with new be-

liefs and create new behaviors so you can become as successful as you want to be in any area of life you choose.

In summary, your new affirmations articulate the extraordinary results you are committed to creating, why they are critically important to you, and, most importantly, which necessary actions you are committed to taking and when to ensure that you attain and sustain the extraordinary levels of success you truly want (and deserve) for your life.

## Affirmations to Create a Level 10 Relationship

In addition to the formula to create your own affirmations, Stacey has provided this list of sample affirmations, which may help spark your creativity. Feel free to include any of these that resonate with you.

- I am just as worthy, deserving, and capable of achieving an unshakable love and unleashed passion as any other person on earth, and I will prove that today with my actions.
- Magnificent relationships are *created*, not found. It's a *skill*, and it can be learned! Many other people have learned how to do this, and I can too!
- The relationship I have today is a result of the decisions and actions I took in the past. I did the best that I could with what I knew then. Now I know better, and I can do better. I am proving that with every shift I make in my day-to-day life!
- As I do this work, I am becoming a better and more authentic version of myself every day. This work is a gift that I give myself.
- Only good can come from healing my relationship. I have faith that all the positivity I pour into this relationship will be the best thing for me, my partner, and our children.
- Every moment of the day, the Universe is giving me more opportunities to practice my new skills and tools. I am grate-

ful for these learning opportunities, and I see them as *gifts* for my growth!

These are just a few examples of affirmations. You can use any that resonate with you, but do create your own using the four-step formula described in the previous pages. Anything you repeat to yourself over and over again with emotion will be programmed in your subconscious mind, help you form new beliefs, and manifest through your actions.

## V is for Visualization

Visualization has long been a well-known practice of world-class athletes who use it to optimize their performance. Olympic athletes and top performers in many sports incorporate visualization as a critical part of their daily training. What is less well known is that other top achievers use it just as frequently.

Visualization is a technique by which you use your imagination to create a compelling picture of your future, providing you with heightened clarity and producing the motivation that will assist you in making your vision a reality.

To understand *why* visualization works, it helps to look at mirror neurons. A neuron is a cell that connects the brain and other parts of the body, and a mirror neuron is one that fires or sends an impulse when we take an action *or* observe someone else taking action. This is a relatively new area of study in neurology, but these cells seem to allow us to improve our abilities by watching other people perform them *or* by visualizing ourselves performing them. Some studies indicate, for example, that experienced weight lifters can increase muscle mass through vivid visualization sessions, and mirror neurons get the credit for making this possible. In many ways, the brain can't tell the difference between a vivid visualization and an actual experience.



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