

THE JORDAN HARBINGER SHOW

Worksheet for Hal Elrod | Fulfill Your Goals with The Miracle Equation (Episode 187)

After overcoming multiple near-death experiences and having an impact on millions of lives, Hal Elrod is now on a mission to elevate the consciousness of humanity one person at a time. As the bestselling author of [*The Miracle Morning*](#) -- which has been translated into 34 languages, sold over one million copies, and is practiced daily by over 500,000 people around the world -- he is doing exactly that.

[In this episode](#), Hal talks about the next step in his mission to elevate the consciousness of humanity -- his newest book, [*The Miracle Equation: The Two Decisions That Move Your Biggest Goals from Possible, to Probable, to Inevitable*](#). It may look like pseudo-spiritual woo on the surface, but trust us and stick around to find out how this equation can be used to quantify your efforts and achieve tangible results.

THE JORDAN HARBINGER SHOW

Beat the Snooze Alarm

You may already be a morning person, or in a situation where it's not practical for you to become one -- if that's the case, you can skip this one. But if you're like most people, getting up early can be a bit of a struggle, and the snooze alarm is your biggest enemy. Have no fear! Hal has these five steps for beating it:

Set intentions before bed. Rather than bumming yourself out by reminding yourself that you'll have to be up in six short hours, Hal says you should "consciously decide the next day's intentions every night to actively and mindfully create a positive expectation for the next morning."

Move your alarm clock across the room as far as possible. (Most cite this as the most important of the five steps.) If it's out of arm's reach, you'll have to physically get out of bed to turn it off, which is the biggest obstacle to hurdle. "This forces you to rise from bed and engage in movement," says Hal. "I find that movement can energize me."

THE JORDAN HARBINGER SHOW

Brush your teeth. "After turning off your alarm clock, go directly to the bathroom sink to brush your teeth and maybe splash some warm (or cold) water on your face," says Hal. "Simple activities like these can increase your wakeup motivation level from a one or a two to a three or four."

Drink a full glass of water. "After six or eight hours without water, you may be mildly dehydrated, which can cause fatigue," Hal says. "When you drink a glass of water and hydrate yourself, your wakeup motivation level goes from a three or a four to a five or six."

Get dressed in your workout clothes. "Some people prefer to start their day by jumping into the shower," says Hal, "But I believe people should earn a morning shower by first breaking a sweat. In my experience, morning exercise helps me maximize my potential by putting me in a peak mental, physical, and emotional state to win the day."



THE JORDAN HARBINGER SHOW

The Five-Minute Rule

When Hal was recovering from a car accident so serious that he was clinically dead for eight minutes before he was resuscitated and doctors were sure he'd never walk again, his dad was worried he might be suffering from depression.

"I went inside myself...it took me 30 seconds, maybe, to come to a very real conclusion: I live my life by The Five-Minute Rule. I learned it on day two of my cutthroat sales training. It's okay to be negative when something goes wrong, but there's no value in dwelling on it. So when you encounter a failed expectation, you set your timer on your phone for five minutes. You get five minutes to complain, cry, vent, punch a wall, whatever. Feel all your emotions -- don't deny them. but after five minutes, you turn your timer off, take a deep breath, and say three really powerful words: 'Can't change it.'"

The next time you encounter a failed expectation with an outcome that's beyond your control, try observing The Five-Minute Rule. Set your timer, use those five minutes to vent, and reassure yourself that you "Can't change it." Note your results here.

THE JORDAN HARBINGER SHOW

The Miracle Equation

Hal focuses on this equation for fulfilling goals that even a failing math student should be able to remember: **Unwavering Faith + Extraordinary Effort = Miracles**

The first two components are the decisions alluded to in the book's subtitle by which Hal says the world's top performers live.

Unwavering Faith: The self-assurance that you have the ability to meet and overcome the challenges you face. In the case of the world's best basketball players, Hal says they persevere when lesser players would give up because "they have unwavering faith that they can make every shot that they take."

For himself when he was diagnosed with a rare form of cancer and given a 30 percent chance to live, Hal says, "I had unwavering faith that I was going to beat cancer. Even though there's never a guarantee. We're so centered around certainty and comfort that that's what keeps people stuck in the life that they're living. "If you want to create the extraordinary life that you really want, you have to step out on the faith that you can do something that you've probably never done in your life."

THE JORDAN HARBINGER SHOW

Extraordinary Effort: You can't expect that success is just going to fall into your lap. Like the alarm clock you've set on the other side of the room to become a morning person, you've got to make a real effort to reach it.

"It might take you 10 years to get where you want to go," says Hal. "With Miracle Morning, I wasn't some overnight sensation. It took me years of hundreds of interviews and dozens of TV shows and dozens of speaking engagements before The Miracle Morning actually took off. I busted my ass and I wasn't getting paid. The book sales weren't happening, even though the effort was there. So the faith and the effort had to both be maintained over an extended period of time, which is what makes The Miracle Equation work."

The resulting **Miracles** aren't of the Biblical, supernaturally gifted variety, but have been redefined by Hal as tangible, measurable outcomes -- "any outcome outside the realm of what you believe is probable for you," he says. What big life mission do you want to pursue with the use of The Miracle Equation? Detail how you plan on acting out the unwavering faith and extraordinary effort to make it possible.

THE JORDAN HARBINGER SHOW

What big life mission do you want to pursue with the use of The Miracle Equation? Detail how you plan on acting out the unwavering faith and extraordinary effort to make it possible.

Full show notes and resources for this episode [can be found here](#).

THE JORDAN HARBINGER SHOW

About



Join us as we get deep into the untapped wisdom of the world's top performers -- from legendary creators to intelligence operatives, iconoclastic writers to visionary change-makers.

We deconstruct the playbooks of the most successful people on earth -- and learn new strategies, perspectives, and insights you can't find anywhere else. Then, take these valuable insights into your own life and live what you listen.

THE JORDAN HARBINGER SHOW

support@jordanharbinger.com

THE JORDAN HARBINGER SHOW



Share This With
Your Friends!



Share This