

# The Miracle Morning - by Hal Elrod

	Activity You'll Carry Out	Amount of Time
<b>S</b>	S - Silence	
<b>A</b>	A - Affirmations	
<b>V</b>	V - Visualizing	
<b>E</b>	E - Exercise	
<b>R</b>	R - Reading	
<b>S</b>	S - Scribing	