



Achieve Your Goals Podcast #143 - NEW Book! The Miracle Morning for Parents & Families (Interview with Lindsay McCarthy)

Nick: Welcome to the Achieve your Goals podcast, you're listening to podcast guaranteed to take your life to the next level faster than you ever thought possible. In each episode, you'll learn from someone who has achieved extraordinary goals that most haven't.

He's the author of the number one bestselling book The Miracle Morning, a Hall of Fame Business Achiever, international keynote speaker, ultra-marathon runner, and the founder of Best Year Ever coaching. Here is Hal Elrod.

Hal: All right, goal achievers, welcome to the Achieve Your Goals podcast, this is your friend, your host, Hal Elrod. Today, I'm bringing on one of my co-authors, Lindsay McCarthy. We've got a new book coming out, the The Miracle Morning for Parents and Families. This ... I don't know, it's hard to put into words ... this is really the first book in the series in terms of kind of spin off books that, it's very ... it has such a special

place in my heart in way that it's not helping someone improve their business, it's not ... you know what I mean, it's not [inaudible 00:01:05] sell more or even to write, which is The Miracle Morning for Writers was our last book ... but being that it's for parents and families and knowing what Lindsay put into this book and the amount of time and energy and love and care and attention, it's just incredible.

The finished result is also equally incredible. I'm holding it my hands right here, the proof copy. It's called The Miracle Morning for Parents and Families, How to Bring Out the Best in Your Kids and Yourself. I'm bringing on Lindsay McCarthy today to talk with you and talk with me about the book and what's in this and who it's for. If you are a parent or you have a parent, or you have a family, which I think that applies to most people, this might be a good fit for you. Lindsay, welcome to the podcast.

Lindsay: Yeah, thanks for having me Hal, that was such a nice introduction.

Hal: I'm excited. Actually I haven't even officially introduced you, I guess that was the intro on more the book and such, but no ... but I mean ... and I will say, for anybody listening, Lindsay is a stay at home mom, she is a homeschool mom, which to me is the most challenging job. Being a mom is challenging, being a stay at home mom is challenging, being a homeschool mom is like a whole another level challenging. Now she is the co-author of The Miracle Morning for Parents and Families, which is cool.

Lindsay, do you want to share ... I mean, I could share a story but I'd rather ... I talk enough on this podcast. I'm sure all of our listeners would rather hear from you. Talk about how you and I connected and how we ended up co-authoring this book, which I don't think was ever in your consciousness or something, that you were going to do until we started talking, so I'd love to hear you tell the story.

Lindsay: Sure. The first time I heard you speak was in 2014 at the 1 Life Fully Lived Conference. I just remember coming away from that conference thinking, "Jeez, I really need to get committed to a morning practice." I've kind of been inconsistent with it, and I've been meditating and journaling for a while, but you know, I try to fit it in at nap time or somewhere throughout the day. After hearing you talk, I said I got to commit to waking up before my kids and get my morning practice on key.

I started doing that, Mike and I both started doing that together, and about a week into it, our kids started waking up earlier, and we're like, "Oh man, do we have to get up an extra hour earlier?"

Hal: How does this work out?

Lindsay: Yeah, so at first we're like, oh, let's put them in front of the tv so we can finish our miracle morning, and then trying to get them away from the tv and start their day was not very fun. So

we're like, man, how can we solve this problem? Then we started teaching them how to do the miracle morning, because they see us jumping on the trampoline, saying our affirmations, and they said, "Mommy, I want to do that." I'm like, "Oh yeah, how about you do it with us?"

Hal: Yeah, it's so obvious, but then you're not thinking ... by the way, tell everybody how many kids you have, ages, names, all that good stuff.

Lindsay: Yeah, so we have two kids. Tyler's our oldest, he's now 7, and Amber is 3.

Hal: We got Tyler, 7, and Amber, 3. Okay, got it. Oh yeah, funny, it's ... my...

Lindsay: Yeah, somewhere to your kids' ages.

Hal: Yeah, my daughter just turned 7 yesterday and my son's 3, about to turn 4, but okay yeah, go ahead. So you started thinking we could include them in our miracle morning and do it them, and where did it go from there?

Lindsay: Right, so then Tyler started making an affirmation book and we started doing different practices with them, having them say

affirmations, they started meditating with us, exercising with us.

Hal: Yeah, and to note, by the way, for everybody listening, Lindsay's husband, Mike McCarthy, who is our co-authors on the book, he actually ... he does guided meditation ... teaches or leads guided meditations and he's phenomenal. The first time he led a guided meditation that I was a part of, I called my business partner John Berghoff up, I said, "We got to get Mike to do our event, to lead some guided ..." he is fantastic.

Lindsay: He is really fantastic, and he would do meditations with Tyler that time, you know, since Tyler was like three years old. Meditation wasn't something that was new to them, but it was new to do it in the morning. Yeah, so Mike's actually a certified spirit coach, our coach Jenai Lane, she's awesome with spirit coach training. She trained him in meditation and I also worked with her. I'm a certified spirit coach facilitator so I can work one on one just with her first 18 tools. Mike can go a little more than that, but...

Hal: For our listeners, what is a spirit coach? Can you talk about that for just a minute?

Lindsay: Sure. A spirit coach is essentially a life coach but they work more with energy and on your spiritual side of life, so our coach has taught us meditation. She has a book called Spirit Led Instead and in there, there's 18 different tools that she teaches. We use that in our miracle morning all the time. It's, you know,

how to release different things in your life, she has stuff on forgiveness ... There's one we like to do with the kids a lot, it's called the rose release meditation where you just kind of imagine a rose and anything you don't want, you put in a rose and then you imagine it exploding and the kids just think that's so cool. It's, you know, imagine something exploding.

Hal: Yeah, anything with explosions, kids are down, they're in.

Lindsay: Exactly, so that's one of Tyler's favorites.

Hal: Wow, very cool. Then ... so I'll pick up the story a little bit here, so you and I, we connected at 1 Life Fully Lived, you and Mike approached me and said hey, you know, we do this ... we do the miracle morning with our kids, and right there I was like, "Wow!" I was so curious and interested in this, because you beat me to it, you know, with my kids. Then I remember you showed me Tyler's affirmation book, and it was the alphabet, every letter of the alphabet, and then an affirmation. I am A for awesome. Then he ... and then what ... remind me, I know he had drawn pictures for kind of what represented each letter, an affirmation for him, is that how you did it?

Lindsay: Right, exactly, so we just followed the alphabet to make it easy for him. A is awesome, and then we invited him to draw a picture, like what does awesome mean to you? He drew like a guy with his hands up or something. Next one is "I am brave," and he drew a guy with a bow and arrow. It's probably from the movie, but...

Hal: Nice, that's awesome.

Lindsay: Either way, though, he's still connecting affirmations with pictures and you know, the way our minds work, they work more in pictures. They say a picture's worth a thousand words, right, so if you can connect to a picture, you can connect to the affirmation even more so.

Hal: Got it.

Lindsay: Yeah.

Hal: When I saw that, I got inspired. I think this is a point of ... and I've shared this before when I've interviewed some of our other co-authors, depending on the co-author, like for me, it's more about the authenticity of each of our co-authors, that they practice what they're teaching instead of me reaching out to being like, oh who's the best-selling author that writes books for parents and families, then be like, hey you have a million fans, why don't you co-author a book on The Miracle Morning series? You know, and I can leverage the reach that you have, there's pros to that obviously and that was one route, but I thought, when I met you I was just like, this is so authentic, you're doing what this book would teach. I don't even remember if it was then, right then ... I usually don't mess around. Did I right then say we should co-author a book for parents?

Lindsay: It wasn't right then, it was a couple weeks later, because you were so excited about his affirmation book, you were like, "Oh, can I take pictures of this? I'd love to use this in some sort of project." We're like, "Yeah, please, use it. We want to spread the message." Then a couple of weeks later, I woke up with these poems in my mind, for the SAVERS, to explain them to children, and that's what I sent you in an email and you said, "Hey, do you guys want to co-author this book?"

Hal: That's right. Awesome. Yeah, here we are, roughly a year later, give or take? I don't know exactly how long it's been.

Lindsay: That was February when we said yes, so it's like 6 months.

Hal: Oh, that's right.

Lindsay: I know, you're cranking them out quick now, right?

Hal: We move fast. Yeah, three this year. There'll be a Miracle Morning for writers, for parents and families, and for entrepreneurs with Cameron Herald, so that comes out in November. I'm holding the book in my hand and I hadn't ... I mean, to be very transparent with everybody, I hadn't read the entire thing. It's kind of like you build a book. I write certain aspects and then Lindsay writes certain aspects, then you know,

Lindsay, you know interviewed ... and this is actually I want to talk [inaudible 00:10:43] this is one of the coolest parts of the book which I have not read until I got the physical copy, which are the parenting profiles.

You went and you ... and this was I think your idea, to go and interview some very successful parents and successful in different ways. Some are very successful in business and financial, like Gary Keller, the founder and CEO of Keller Williams. That was actually the ... as soon as I got the ... because I knew you had interviewed him and I was pumped and as soon as I got the book, I opened up and I flipped around and found his parenting profile. I read it, and you know, I mean it's three pages and I go, "This is worth the price of the book."

Lindsay: Yeah, right?

Hal: This is brilliant. Then I flipped on Pat Flynn, who's a big Miracle Morning fan. Part of why I fell in love with Pat and his work is he really puts family first, and so having his-

Lindsay: Yeah, and talk about authenticity too. I mean, Pat is so authentic, so honest, down to earth. He was really fun to interview.

Hal: He's a sweetheart of a man.

Lindsay: Yeah.

Hal: What you did with each of these is you had them share their ... I'm looking at it here ... parenting philosophy, and then their best parenting tips, which are phenomenal, and then you had them share a parenting success story and then kind of their final word on parenting. What did you gain from these interviews? What valued that add I guess for you personally and/or for the book, in any way that you feel like it added a lot of value?

Lindsay: Oh yeah. I mean just hearing their tips, too, it's always so fun to bounce ideas off of other people. There's one, Seth Campbell, he had an idea where you just get index cards, 12 index cards for each kid, and you have them write down what they'd want to do with Mom or Dad on a date. You put it in a box, and then you pull one out once a month and you go do that.

Hal: That is so fun.

Lindsay: It's so brilliant and it's so simple. Tracy Osborne's another one in there. One of her tips was don't tell your kids to be careful all the time because that makes them start to think the world's a scary place, but instead, tell them to be aware. I loved that, it's so simple and easy, and I've been finding myself saying instead of be careful, and I'm like, "Oh Tyler, be aware that if you jump on the couch, you might fall down and hurt yourself." You know, you could still do it, but...

Hal: Wow. I love ... yeah, no I love that, and awareness is one of the most important keys to growth and living life to the fullest in a way that's safe. I love that distinction. An example of ... that single distinction to me, it's worth its weight in gold, and Tracy's husband David Osborne, also you interviewed. We've had David on the podcast before. If anybody listening ... in his episode, you can go search for it, it's called The 50 Million Dollar Man. Yeah, so David's in there ... and then my wife, which is pretty cool.

Lindsay: Yes, your wife is in there.

Hal: Yeah, and it was funny, she-

Lindsay: I love Ursula.

Hal: She is sweet and she is an amazing mom. That was cool to see her in print. Then John Berghoff, my business partner, who is just a phenomenal dad, and yeah, so there's really great-

Lindsay: Honoree is in there for all the...

Hal: We keep things close to the family, right?

Lindsay: We do.

Hal: I call all my friends that are qualified before I call anybody else.

Lindsay: Exactly.

Hal: Yeah. Let's talk real quick, I want to go through the ... I'll go through the first part of the book, actually, because I'm largely involved in creating kind of the first half, and then you really took ownership and created the second half. The first part of the book is really the essence of the miracle morning, but specifically for parents, like how as a parent, how do you apply all of these strategies that we're taught in the original book. Chapter 1, Why Mornings Matter More Than You Think; Chapter 2, It Only Takes Five Minutes to Become a Morning Person; Chapter 3, The Lifesavers for Parents and Families. They're all really kind of customized for parents and for families.

Then Chapters 4 through 6 are the not so obvious parenting principles and again, they're very customized for families. It's not just taking it from one book and copying and pasting it into another. We've got self-leadership, energy engineering, you know, when it comes to keeping up with the kids, managing your energy is more important than managing your time. In the book, you discover really how to strategically engineer your

days for sustaining extraordinary levels of physical, mental, and emotional energy. Then the third principle is unwavering focus.

The next part of the book, and this is where you really went deep, and that is the skills for exceptional parenting, and it's purposefulness, playfulness, and perspective. Can you talk for a few minutes and share your ideas on that in a way that can help our listeners?

Lindsay: Sure. Purposefulness, it's really about just having a plan and following through with that plan. In the book, I share the story about why we chose to homeschool and how that came about and how we were being purposeful in that choice. I can go into more on that, or do you...

Hal: Sure, so, well it's ... no, no, that's great. So you're ... the idea is that, if I'm understanding correctly, it's most parents, just like most people, right, they're not very purposeful in what they do. They kind of wake up and they go through the motions and it's been said that most people, they ... how do they say it, I'm going to butcher it ... but it's something along the lines of most people basically live the same day over and over and over again and call it a life, right?

Lindsay: Right, yup.

Hal: I think that's where it's about. Same thing with parenting, it's like they wake up, they just get through the day, they let their kids play on the iPhone ... oh, that's one thing that I loved that you taught me, by the way, is no screen time until your kids have done the SAVERS or actually, in this case, the CHARMS. Talk about that for a second. That actually is a really important piece. For everybody listening, if you're familiar with The Miracle Morning, which I think most of our listeners are ...

Lindsay: Probably.

Hal: Yeah, I think, unless you're just discovering the podcast, go check out miraclemorning.com, but the SAVERS, that's acronym, the six practices of the miracle morning. You felt that you could improve upon it for your kids, and so you created a new acronym called CHARMS, C-H-A-R-M-S, CHARMS. Talk about what are the charms and how do you integrate those into your miracle mornings with your kids.

Lindsay: Right. It was actually Tyler's idea to change the acronym.

Hal: Oh wow.

Lindsay: He said to me one morning, like, "Mommy, I don't get it, why am I saving my life?" I was like, so I kind of explained to him your story and why you called it the lifesavers, and he was like, "I don't know."

Hal: It just doesn't resonate, mom.

Lindsay: Yeah, it just didn't resonate with him, so I was like, "Well, there's no rules, we can change it. Help me come up with a new one." We had already been calling scribing, creativity because he was just learning how to write and it was kind of painful for him to write three things he was grateful for, so I was like, you know what, why don't you draw them, or why don't you make them out of Play Doh, or why don't you build me something with your Legos, let's just get your brain working, let's be creative. He's like, "Okay." We expanded health to include exercise and eating breakfast ...

Hal: So that's the H. C is creativity, and the H is for health.

Lindsay: Yup, so you know, now just move your body in the morning, but also feed it properly.

Hal: Great.

Lindsay: A is still affirmations, R is still reading. We combine silence and visualization into one meditation.

Hal: Okay.

Lindsay: Because they're both kind of forms of meditation anyway.

Hal: Yeah, I did a guided meditation this morning and it segued right into guided visualization, so yeah they're definitely ... they can very much be one and the same or a lot of crossover, so ... okay, what's the S, the final S?

Lindsay: S is service. We really just wanted our kids to know it's not all about you all the time, and there are some things that mommy and daddy have to do that we don't necessarily want to do, but they're serving a greater purpose, and we wanted them to feel included in that. Instead of calling them chores, we call them family contribution.

Hal: I love that.

Lindsay: You know, so just kind of changing the language a little bit so they understand. Oh, this is helpful to mom and dad, which makes it helpful to the greater community because then mom and dad can do what they need to do. It makes them feel important too, that they're serving a purpose. It can also expand, so like they do lemonade stands, when they get allowance, they save a portion of it to give to charity.

Hal: I love it. I love it, I think ... what's beautiful is that health is arguably one of the most important aspects of life, right, because without our health, we have nothing. We've got to be now, instill in our daily ... just their consciousness, just thinking about health every day. Same thing with service, I think like that's, to live a life of fulfillment, it's kind of parallel to the level of service that the contribution that you make to those that you love and to your family and to the world. For you to have those in there as being reinforced every day is just beautiful.

The CHARMS, just for anybody listening, just to recap, we've got C for creativity, H for health, A for affirmations, R for reading, M for meditation, and S for service. In the book, Lindsay and Mike go in depth on CHARMS and actionable examples of how you can implement each of the charms with your children and as a family every day.

Lindsay: Yeah, that's in the playfulness chapter, Hal, so we were kind of going through the three Ps of parenting. The CHARMS are a big part of the playfulness chapter. It should be playful. We don't want you to be like, "Okay kids, you have to do your CHARMS."

Hal: Yeah.

Lindsay: There's no fun for the rest of the day. It should be in a playful way.

Hal: Got it.

Lindsay: For the younger ones, that takes some work on the parents' part. Amber has to be finagled to do her affirmations sometimes. I actually just posted a video of us doing them this morning on Facebook, and I had to turn her upside down on each one and ... you know, so was including my exercises and her affirmations at the same time.

Hal: That's awesome. That's great. Yeah, play, I mean right, kids ... everything, they just want to play, so if you can make everything that you do playful for them ... I even find if they misbehave, if I get intense with them and discipline them, that doesn't work, that doesn't connect with them. But if I make it playful but get a clear message across, it's like they receive it better.

Lindsay: Exactly.

Hal: Really good. Then talk for a minute about the last P, is perspective, that how you look at things makes a big difference for you and your family. Talk about that. What does that look like in the book, what do you cover regarding perspective as a parent?

Lindsay: Yeah, so in that chapter, we kind of go into the hero's journey and talk about how we as parents are on our own hero's journey,

but we have to also recognize that our children are on their own journey and it's our job as their parent to kind of be their ally and hold their hand on that journey more so than try to live it for them. Let them make some mistakes, and it's okay to learn from them. Just to have a good mindset about this parenting journey that we're on, and that our journey is always changing, too. When they're newborns, they sleep all the time and they're so easy and cute and you can just take them anywhere. That only lasts a short time, and then our parenting journey as a parent of a toddler begins. Our journey is always changing and so is theirs. Just to be gentle with ourselves and with our kids, to be each other's allies on that journey.

Hal: Beautiful. I cannot thank you enough for being my partner, you and Mike partnering with me on this book. I think it's arguably going to be one of the most impactful books in the Miracle Morning series, because it's impacting future generations. Thank you so much for being a part of it.

Lindsay: Yeah, well I want to thank you for letting us be a part of it. We are so on board for elevating the consciousness of humanity one morning at a time.

Hal: Yeah. I need to talk about ... I don't know how much our listeners even know that is the Miracle Morning movement, it is elevating the consciousness of humanity one morning at a time. Yeah, I appreciate that, and like I said, for me now, this book and then the book that eventually ... I don't have a co-author identified yet, but the Miracle Morning for Teens, I feel like this book and that book are the two books that maybe the most

important books that we ever write in the series, because again, that's what is going to impact future generations. Being a kid is always challenging, but I feel like it can be harder or more challenging now than it's ever been before, being a teenager with social media and all of that, it's crazy. If we can make an impact for people, we really can change the world or elevate the consciousness of humanity one morning at a time.

The last thing I want to say before we ... or one of the last things before we hang up is ... actually you can share. Talk about who wrote the foreword and why you had him write the foreword. This was such a cool thing.

Lindsay:

Yeah, so our friend Jim Shields wrote the foreword for us. We met about a year ago and we just kind of connected immediately on homeschool and education. He wrote a book called Family Board Meeting and it's a super quick read, it's actually an ebook, I think. It took me about four hours to read and I'm a very slow reader, so I highly recommend you get that book and read it right away.

Hal:

Yeah, and that is what excited me because ... I don't know, I think you guys might have recommended the book Family Board Meeting to me, but I ... yeah I in fact know Mike did, but I read it and I loved it. We right away did a family board meeting with our kids, they loved it and I do recommend to anybody listening, it's a great ... you know, Miracle Morning for Parents and Families, and Family Board Meeting go well together.

When I found out you guys had Jim Shields writing the foreword, I was like, oh that's so awesome, I read his book, I loved his book. What a perfect person to contribute the foreword to this book.

Lindsay: Yeah, and it made me cry when I read it for the first time. His words are so perfect. I can't thank him enough for doing it.

Hal: Yeah. He did, he nailed it, you know. It was perfect, and it couldn't have been a better fit, I feel like, to write that foreword. Cool. Well, Lindsay, anything else that you want to share before we wrap up?

Lindsay: Not that I can think of. I'll see you next week.

Hal: Yeah, I'll see you next week. Then I'll see you at Best Year Ever Blueprint in December.

Lindsay: Yeah, and if anybody wants to hear Mike and I speak on the CHARMS, we'll be at 1 Life Fully Lived in October, in Sacramento.

Hal: Oh, 1 Life Fully Lived in October, and that's 1 Life Fully Lived ... there's that, the number 1, fullylived.com, or dot org, I think?

Lindsay: Dot org.

Hal: Dot org.

Lindsay: Yup.

Hal: The number 1 ...

Lindsay: Number 1, fully lived ...

Hal: Dot org.

Lindsay: You got it.

Hal: Cool, so yeah. It's a great organization on really living life to the fullest and a lot of families go there and ... I spoke in there and you guys are going to be speaking there in October, you said?

Lindsay: Yeah, October 23rd and 24th, I think. It's a Saturday and Sunday, so whatever weekend that is.

Hal: Got it. Very, very cool. All right, well, Achieve Your Goals podcast listeners, the book is The Miracle Morning for Parents and Families, How to Bring Out the Best in Your Kids and Yourself, by yours truly and then Mike and Lindsay McCarthy, and as always, with Honoree Corder. Yeah, check it out, it's on Amazon, and I think you'll really, really like it. I'm really, I'm so pleased with how this book turned out, it's so great. Lindsay, thank you for being on the show, I really appreciate you as well.

Lindsay: Yeah, thanks for having me.

Hal: Give Mike my best, tell him I said hello.

Lindsay: I will.

Hal: Awesome. Go achievers, thank you for listening. If you want to join us at the Best Year Ever Blueprint live experience, it is the second weekend in December 2016. It's always the first or second week in December, in San Diego. It is the most life changing event that you will ever go to. We don't call it event, we call it an experience, it's a life experience. Go to bestyeareverlive.com, that's bestyeareverlive.com, and check out the video. I will say just watch the video and you'll know. Either you want to be a part of it, or you'll want to stay away from it, but you'll know very quickly.

You can grab *The Miracle Morning for Parents and Families* on Amazon and on Kindle, and soon on audio book, if it's not already out. I appreciate all of you, each person that listened to the podcast. You really have no idea how much it means to me. I still sometimes just pinch myself and go, it's just crazy, all these people are listening to the podcast, and it's helping them and I'm so grateful for that. I appreciate you, I love you, and I look forward to our next conversation. We'll talk to you next week. Take care, Lindsay.

Lindsay: See you.

Hal: Bye.

Nick: Thank you so much for tuning in to this episode of the podcast. You can find links to all the resources mentioned in this episode, as well as all the past podcast episodes over at halelrod.com/podcast. Also, if you haven't done so yet, please go subscribe to the podcast on iTunes or go halelrod.com/itunes, clicking the little subscribe button, and then if you would, please leave a rating and review, because rating and reviews truly are the best way for more people to find out about the podcast and decide that this is the one for them. All right, until next week, it's time for you to go out there, take action, and achieve your goals.