

The Two Decisions *That* Move Your Biggest Goals  
*from Possible, to Probable, to Inevitable*

# THE MIRACLE EQUATION

*Unwavering Faith*  
+  
*Extraordinary Effort* = *Miracles*

# HAL ELROD

*Bestselling Author of* **THE MIRACLE MORNING**

# Welcome to The Miracle Equation 30-Day Challenge Action Guide!

The Miracle Equation 30-Day Challenge is designed to start you on your journey toward tapping into your abilities as a Miracle Maven and integrating the Miracle Equation into your life. As maintaining Unwavering Faith and putting forth Extraordinary Effort becomes your default way of living, it will enable you to create tangible, measurable miracles, again and again.

Your 30-Day Challenge consists of six simple steps, (some of which you may have already completed while reading the book):



- Step 1:** Decide On Your (First) Miracle Mission
- Step 2:** Predetermine Your (Recurring) Process
- Step 3:** Schedule Time to Recite Your Miracle Equation Affirmations
- Step 4:** Schedule Your Recurring Process (and Establish Accountability)
- Step 5:** Assess Your Process and Your Progress, Daily
- Step 6:** Evaluate Your Experience After Your (First) Miracle Mission

In the following pages, you'll be able to write out each step, and take action. As you begin to consciously replace your (unconscious) fears with Unwavering Faith and transcend any lazy tendencies or self-destructive habits through your maintaining Extraordinary Effort, over an extended period of time, you will inevitably become a Miracle Maven and your biggest goals will begin to move from possible... to probable... to inevitable. Welcome to the Miracle Equation!

With you always,

**Hal Elrod** | [HalElrod.com](http://HalElrod.com)

Author of The Miracle Morning and The Miracle Equation

## Step 1: *Decide On Your (First) Miracle Mission*

Your Miracle Mission is the first significant goal to which you'll apply the Miracle Equation. Remember the ultimate purpose of a goal is not to reach it, but to develop the qualities and characteristics of someone who can accomplish significant goals. Who you are becoming is even more important than what you are doing, and yet the irony is that what you're doing is largely determining who you're becoming. You may remember in chapter 6 of the book, when I shared the story of my committing to a Mission of running a 52-mile ultramarathon because I hated running, and I wanted to meet the guy—to become the guy—who could pull it off? Now it's your turn. What is your ultramarathon? As in what Mission is so far outside of your comfort zone that you don't even know the person you would need to be to achieve it, but you'd love to meet him or her and become that person?

To decide on your Mission, simply look over all of your goals from your different areas of life and ask yourself: Which one of these goals will enable me to become the person that I need to be to achieve everything else I want for my life? The answer to that question is your Mission.

You want your Mission to both motivate and energize you, but it also may intimidate/scare you a little—or a lot! You want it to be significant enough to move you out of your current way of living and challenging enough to stretch you into the next level of your abilities. Growth occurs when you're uncomfortable, so naturally you must move outside of your comfort zone when deciding on your Mission.

Make sure you've considered your values and what matters most to you, as your Mission must be deeply meaningful. Then determine a tangible, measurable miracle that reflects the value that you would like to amplify in your life right now. This will be your first Mission.

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## Step 2: Predetermine Your (Recurring) Process

Having clarity energizes us. When we know exactly what to do next and we know that doing it will move us closer to where we ultimately want to go, the prospect of inevitable success fuels our motivation. Remember that every result you desire is preceded by a process that is required to produce the result. When you define YOUR Process (yes, with a capital ‘P’) and commit to it over an extended period of time, the results take care of themselves. And one key to consistent goal achievement is to stay committed to your Process (over an extended period of time) without being emotionally attached to your (short term) results.

Remember to keep your process as simple and actionable as possible. Focusing on one task at a time is usually best. It also helps you to keep from getting overwhelmed with the countless tasks that may lie ahead. For example, if your Mission is to lose weight, you’d likely predetermine a Process that incorporates specific days and times for increased exercise, and might also include self-imposed dietary guidelines, such as limiting how many calories you take in and or defining which (healthy) foods you’ll eat and which (unhealthy) foods you will NOT eat. When I was in direct sales, my Process was making 20 phone calls per day, five days per week. Once I knew that, I was able to directly influence my results by adjusting my Process. For example, my final year with the company I worked for, I was able to increase my income by 100% by simply doubling my Process of making daily phone calls, from 20 to 40 calls per day. This is an example of the power and simplicity of predetermining your Process.

If you don’t yet know what your process should be, your initial action will be researching and figuring out what your process is going to be. Search for free articles and videos on Google related to your Mission. Search Amazon for the highest rated books on your topic. If your Mission involves developing an ability, mastering a skill, or becoming an expert on a topic, your initial process may be practicing and/or learning. Remember, this is a way of living.

Russell Simmons stated in his book *Do You!: 12 Laws to Access the Power in You to Achieve Happiness and Success*, “I know some people say ‘Keep your eyes on the prize,’ but I disagree. When your eyes are stuck on the prize, you’re going to keep stumbling and crashing into things. If you really want to get ahead, you’ve got to keep your eyes focused on the path.”

In this context, the path is your process. Remember that every result is preceded by a process and the key to consistent goal achievement is to stay committed to your process without being emotionally attached to your results.

Take some time to begin defining your process down below to complete your Mission. It doesn’t need to be perfect, just get it out of your head and put in on paper.

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## Step 3: Schedule Time to Recite Your Miracle Equation Affirmations (Every. Single. Day.)

Remember, it is only through consistent (daily) repetition that we are going to open our minds to new possibilities. You can't recite an affirmation once, or even ten times, and expect it to transform your thinking. It's like exercising; you have to do it consistently and over a long period of time to reap the rewards. To replace your fear with faith and to ensure that your faith remains unwavering, you'll need to reinforce it every day.

So, pull out your schedule right now, and create a recurring appointment with yourself to recite your Miracle Equation Affirmations that you either created while reading the book, or using the Miracle Equation Affirmation (template) that was offered alongside this 30-Day Challenge Workbook. When you're getting started, setting an alarm on your phone or elsewhere to remind you of this appointment with yourself is very effective. Go ahead and set that alarm now, too. This should take you only a few minutes, and you'll be on your way.

Schedule time to recite your Miracle Equation Affirmations, every single day.

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## Step 4: Schedule Your Recurring Process (and Establish Accountability)

Extraordinary Effort is all about consistency. It's not about working 80 hours a week and burning yourself out. It's about implementing your predetermined Process and doing at least one thing each day that moves you closer to the attainment of your Mission.

I have a recurring sixty-minute appointment in my schedule each morning labeled "Mission Time" to ensure I make progress on my top priority before I do anything else. Maybe for you it'll be thirty or sixty minutes, five to seven days a week, in the morning or evening, before or after work. Or it could be four hours on Saturday and four hours on Sunday, before you spend time with your family or relaxing by yourself. Be sure to schedule your Process when you are at your best, when your energy and ability to focus are at their peak. For me that's in the morning. I sometimes get a little brain dead in the afternoon.

Before leaving this step, check in with the person or people in your life who are going to hold you accountable to share your commitment with them and establish how they will keep you on track (with daily or weekly check-ins) and your mode of communication. This is where your commitment begins to take hold, so be thoughtful with this step and make sure that the time you schedule is reasonable and consistent.

Write down the scheduled time you will devote to your Mission and how you will ensure that you're held accountable to following through with your Process.

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## Step 5: Assess Your Process and Your Progress (Daily)

Sometimes, we need to tweak our Process as we go along. Other times, it's just nice to reflect on our progress. Use this daily scribing exercise to keep you present to your goal and to keep your momentum rolling. Some folks like to do this in the morning to reflect on the day prior while others prefer to scribe at night after that day's activities. Find your groove and keep a steady scribing practice. Again, it helps to actually put this in your schedule, and to set an alarm for it so this important step is not forgotten.

Some questions to start you off could be:

1. What was my biggest win towards my Mission in the last 24 hours?
2. Did I follow through with my Process?
3. What was my biggest area of improvement?
4. Is there anything I could do different or better?
5. What lessons have I learned so far?
6. Are there any changes/adjustments to my Process that I need to make?
7. Is there anyone else I can reach out to for advice or feedback?

Write down when you will assess your Process and progress daily. Schedule that as a recurring appointment. Also add and/or edit any questions you can answer during this time in the space below.

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## Step 6: Evaluate Your Experience After Your (First) Miracle Mission

One common trait among successful individuals and teams is that they take time after completing a project to reflect on lessons learned that they can use moving forward. Reflection is when you grow, change, and become a better version of yourself.

As you know, each of your goals is important, but the greatest value that you can capture from your goals are the qualities and characteristics you develop (i.e., who you become) during that process. Capturing and then integrating what you learn along the way toward your goal is paramount to becoming a Miracle Maven.

Here are some more questions to get you started.

1. Did I reach my goal?
2. Is there anything I could have done differently or better?
3. What did I learn from this?
4. What changes will I make for my next Miracle Mission?
5. How can I celebrate my progress?

Write down when you will evaluate your first Miracle Mission. Schedule that in your calendar as an appointment that you will keep. Add and edit the questions you will answer during that time, and how you will celebrate the progress you have made in becoming a better YOU.

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# The 30-Day Miracle Tracker

*Creating Consistency By Tracking Your Progress Every Day*

To get off to a “Fast-Start” with your Miracle Equation, it is important that you begin by experiencing the FULL Miracle Equation process. The first habit, the Miracle Morning, is optional but highly recommended so that you make sure you’re taking care of YOU—nurturing and expanding your physical, intellectual, emotional and spiritual capacities—so that you can take care of your Mission. The remaining four habits (and any that you add) will enhance your ability to implement and maintain the Miracle Equation.

Track your progress each day! Put in more habits that will help you in accomplishing your Mission. They can include sleeping well, moving (exercise), and feeding your body with healthy foods...or anything else that will help you on your journey.

There is a huge benefit that comes from tracking your progress, as it is an excellent form of accountability and gives you positive, tangible reinforcement every time you follow through with them. Each time you check that you’ve done a habit, you are showing your extraordinary effort, and that will feed your unwavering faith!

Miracle Equation (Daily Habits)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1. The Miracle Morning (S.A.V.E.R.S.)																														
2. Recite TME Affirmation DAILY																														
3. Execute Your Process DAILY																														
4. Report Progress to Accountability Partner																														
5. Assess Daily Process & Progress																														
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## Before You Go...

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As you gear up for your first Mission, know that you already have everything you need to live every day as a Miracle Maven and create the most extraordinary life you can imagine. Actually, you've always had the abilities within you; I've simply attempted to shine a spotlight on them.

I hope you have learned what you needed to learn during our time together, and I wish you great success on your first Mission and those that will follow. Now there are only two decisions standing between you and moving your biggest goals from possible . . . to probable . . . to inevitable.

It's time to start creating miracles.

If you have any questions, please feel free to submit them in The Miracle Morning Community (Facebook Group) at [www.MyTMMCommunity.com](http://www.MyTMMCommunity.com). I check in daily, so I hope to see you there!

With Love & Gratitude,

*-Hal*