



Presents...

# The **MIRACLE YEAR** **ROADMAP**

A Proven Process to  
Make **2025** So Transformative  
It Will Feel Like a **Miracle**

# MEET YOUR GUIDES



## Hal Elrod

Hal Elrod is a family man, first and foremost. As a dedicated husband to his wife of 15 years, Ursula, and a father to their two teenage children, his life is centered around loving and serving his family at the highest level possible.

He is also a hall of fame business achiever, international keynote speaker, top-rated podcaster, ultra-marathon runner, and best-selling author of 14 books, including ***The Miracle Morning*** and ***The Miracle Equation***, which have been translated into 42 languages and sold over 3 million copies worldwide.

His mission is to elevate the consciousness of humanity by helping individuals access more of their limitless potential and achieve levels of success and fulfillment beyond what they previously believed was possible.



## Jeremy Hobbs Reisig

Jeremy Hobbs Reisig, aka “J Hobbs,” is a high-performing sales leader, world-class facilitator, team leader, and Miracle Morning Coach.

As one of Cutco’s top sales reps in its 75-year history, he has sold millions in high-quality products and helped grow businesses like Xchange from \$740k to over \$2 million in just 3 years. With over 1,000 facilitated events, J Hobbs brings unmatched expertise in designing impactful experiences.

As a coach, he’s guided hundreds to overcome underperformance, clarify priorities, and build lasting habits for a Level 10 Life. He’s also a musician, creating empowering songs available on the resource page below.

# THE MIRACLE YEAR PROCESS

## REDEFINE + ASSESS, REFLECT, PLAN + ASSEMBLE YOUR TOOLS

Have you ever ended a year feeling like you failed to achieve your goals or make meaningful improvements? *The Miracle Year* is about redefining what it means to create and experience the best year of your life, on your terms, so you enter each day fully prepared to show up as the best version of yourself. Regardless of where you may feel like you've fallen short in the past, this process will set you up to make 2025 the best year of your life!

### 1 REDEFINE YOUR MIRACLE YEAR: (Based on what you can control)

- **Who you** \_\_\_\_\_ (self-development & optimization)
- **How you** \_\_\_\_\_ (mindset & habits)
- **What you** \_\_\_\_\_ (mental & emotional well-being)

### 2 REFLECT, ASSESS, & PLAN:

- **Reflect:** Accomplishments, Disappointments, and Lessons
- **Assess:** Discover Your Life's Balance
- **Plan:** Set Your "Level 10" Goals and Choose Your Mission

### 3 ASSEMBLE YOUR TOOLS:

- **The Miracle Morning:** Your Practice for Personal Development
- **The Miracle Equation:** Your Process for Goal Achievement
- **The Miracle Life:** Your Paradigm for Personal Fulfillment

# 5 OBSTACLES THAT STAND IN THE WAY OF YOUR MIRACLE YEAR

## Obstacle #1: Lack of \_\_\_\_\_

- No clear goals
- No compelling reasons
- Unaware of potential obstacles and utilization of strengths

## Obstacle #2: Lack of \_\_\_\_\_

- No clear plan of action
- Not understanding the resources you have
- Underestimating what it's actually going to take

## Obstacle #3. Lack of \_\_\_\_\_

- Inconsistent daily routines
- Inconsistent planning and reflection
- No system for accountability

## Obstacle #4. Limiting \_\_\_\_\_

- “I’m not enough.” (young enough, old enough, smart enough, etc.)
- “I’m not capable.”
- “I don’t follow through.”

## Obstacle #5. Fear of \_\_\_\_\_

- Fear of Judgment: Many people worry what others will think if they fail, fearing criticism or a loss of respect from peers, family, or colleagues.
- Loss of Self-Worth: Failure can challenge one's sense of identity and self-esteem, leading to feelings of inadequacy or unworthiness.
- Pain of Disappointment: The emotional toll of failure, such as frustration, sadness, or regret, can be daunting and difficult to face.

**"Definiteness of purpose is the starting point of all achievement."**

– W. Clement Stone

## The Purpose Question

**Why is Making 2025 the Best Year of My Life Important...**

**TO ME?** \_\_\_\_\_

**TO OTHERS?** \_\_\_\_\_

**TO THE WORLD?** \_\_\_\_\_

## The High Point Story Question

**What was my biggest win in 2024?**

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## The Strengths Question

**What are 3-5 strengths, superpowers, or unique capabilities you possess?**

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## The Presencing Question

**HOW DO YOU WANT TO SHOW UP TODAY IN ORDER TO GET THE MOST OUT OF THIS EVENT?**

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# STRATEGIC REFLECTION

## ACCOMPLISHMENTS, DISAPPOINTMENTS, AND LESSONS LEARNED

### Health & Fitness - Your overall health and state of your physical body

Accomplishments/Wins: \_\_\_\_\_

Disappointments/Challenges: \_\_\_\_\_

Lessons/Improvements: \_\_\_\_\_

### Finances - Your personal or family financial situation

Accomplishments/Wins: \_\_\_\_\_

Disappointments/Challenges: \_\_\_\_\_

Lessons/Improvements: \_\_\_\_\_

### Personal Growth - Your level of dedication to self-improvement

Accomplishments/Wins: \_\_\_\_\_

Disappointments/Challenges: \_\_\_\_\_

Lessons/Improvements: \_\_\_\_\_

### Marriage/Romance - Your relationship with your spouse or significant other

Accomplishments/Wins: \_\_\_\_\_

Disappointments/Challenges: \_\_\_\_\_

Lessons/Improvements: \_\_\_\_\_

### Parenting/Family - Your relationship with your kids or other family members

Accomplishments/Wins: \_\_\_\_\_

Disappointments/Challenges: \_\_\_\_\_

Lessons/Improvements: \_\_\_\_\_

# STRATEGIC REFLECTION

## ACCOMPLISHMENTS, DISAPPOINTMENTS, AND LESSONS LEARNED

### Work - Your professional life (career/business)

Accomplishments/Wins: \_\_\_\_\_

Disappointments/Challenges: \_\_\_\_\_

Lessons/Improvements: \_\_\_\_\_

### Social - Your friendships and social life

Accomplishments/Wins: \_\_\_\_\_

Disappointments/Challenges: \_\_\_\_\_

Lessons/Improvements: \_\_\_\_\_

### Contribution - The positive impact you made in the lives of others

Accomplishments/Wins: \_\_\_\_\_

Disappointments/Challenges: \_\_\_\_\_

Lessons/Improvements: \_\_\_\_\_

### Emotional - Your emotional well-being

Accomplishments/Wins: \_\_\_\_\_

Disappointments/Challenges: \_\_\_\_\_

Lessons/Improvements: \_\_\_\_\_

### Spiritual - Your faith and connection to God

Accomplishments/Wins: \_\_\_\_\_

Disappointments/Challenges: \_\_\_\_\_

Lessons/Improvements: \_\_\_\_\_

# DISCOVER YOUR LIFE'S BALANCE

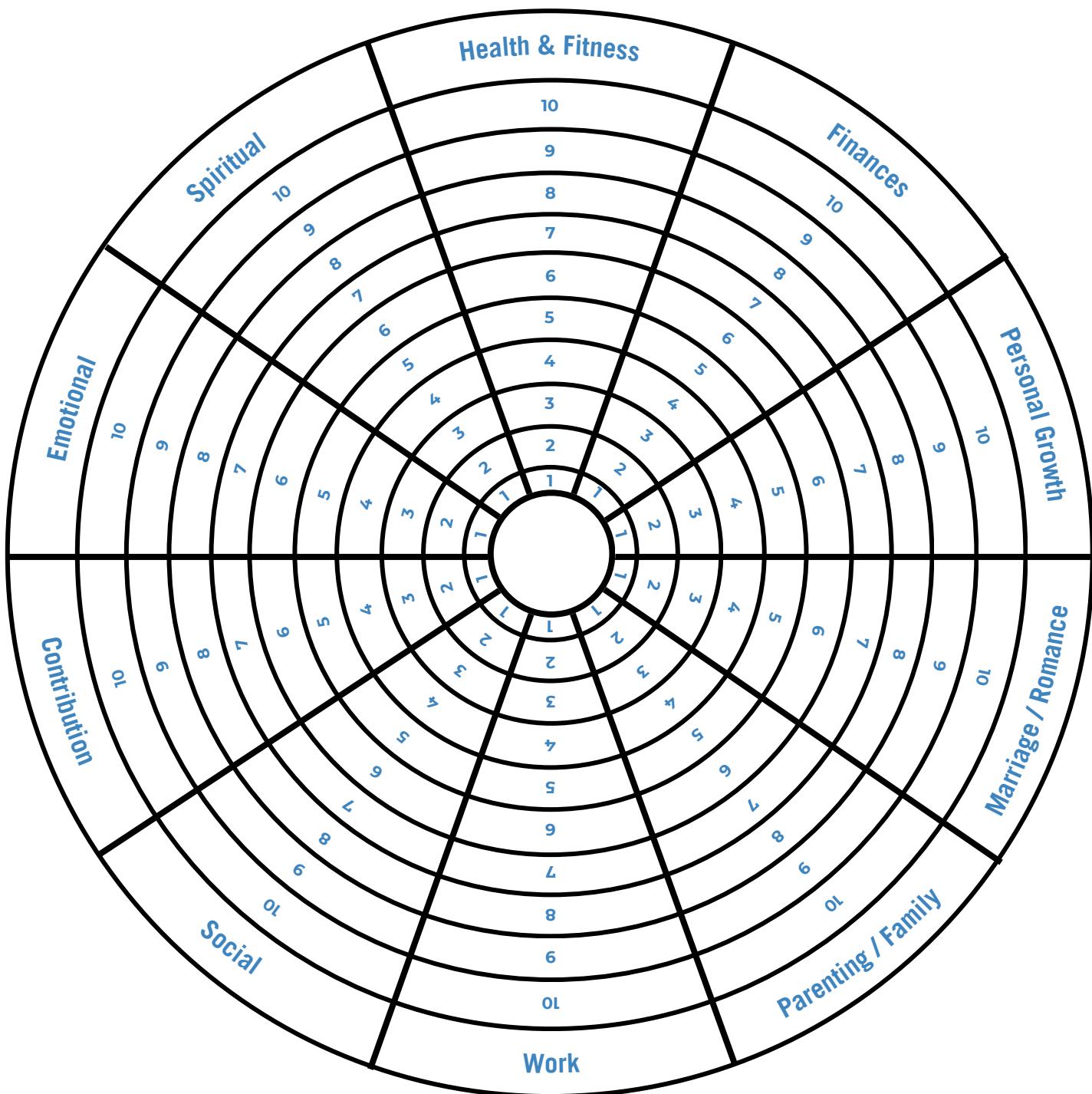
## UNLOCK CLARITY, FOCUS, AND FULFILLMENT

The Wheel of Life is a transformative tool to assess which areas of life you're thriving in and uncover which areas need the most attention and growth. By visually assessing key dimensions like health, relationships, career, finances, and personal growth, you can see where you're excelling and where you're out of balance. This insight empowers you to prioritize what truly matters, set focused goals, and create a harmonious, purpose-driven life. Think of it as your personalized roadmap for clarity and growth.

Rate each area below from 1 (very dissatisfied) to 10 (very satisfied)

**"Balance is not something you find, it's something you create."**

- Jana Kingsford



# SET YOUR GOALS (FOR 2025)

WHAT DO YOU WANT TO BE CELEBRATING ONE YEAR FROM TODAY?

## Health & Fitness - Your overall health and state of your physical body

**WHY** Is This Category Important? \_\_\_\_\_

**GOALS** (Outcomes/Habits): \_\_\_\_\_

## Finances - Your personal or family financial situation

**WHY** Is This Category Important? \_\_\_\_\_

**GOALS** (Outcomes/Habits): \_\_\_\_\_

## Personal Growth - Your level of dedication to self-improvement

**WHY** Is This Category Important? \_\_\_\_\_

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## Marriage/Romance - Your relationship with your spouse or significant other

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## Parenting/Family - Your relationship with your kids or other family members

**WHY** Is This Category Important? \_\_\_\_\_

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**WHY** Is This Category Important? \_\_\_\_\_

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## Social - Your friendships and social life

**WHY** Is This Category Important? \_\_\_\_\_

**GOALS** (Outcomes/Habits): \_\_\_\_\_

## Contribution - The positive impact you made in the lives of others

**WHY** Is This Category Important? \_\_\_\_\_

**GOALS** (Outcomes/Habits): \_\_\_\_\_

## Emotional - Your emotional well-being

**WHY** Is This Category Important? \_\_\_\_\_

**GOALS** (Outcomes/Habits): \_\_\_\_\_

## Spiritual - Your faith and connection to God

**WHY** Is This Category Important? \_\_\_\_\_

**GOALS** (Outcomes/Habits): \_\_\_\_\_

# HOW TO CREATE M.I.R.A.C.L.E. GOALS

“The major reason for setting a goal is for what it makes of you to accomplish it. What it makes of you will always be the far greater value than what you get.”

- Jim Rohn

**1. Redefine the \_\_\_\_\_ of your goals** (To give you a target that fosters growth and achievement.)

**2. Let go of your fear of \_\_\_\_\_**

“There is nothing to fear because you cannot fail. You can only learn, grow, and evolve.” - Hal Elrod

**3. Use the MIRACLE Goal Framework:**

- **M**\_\_\_\_\_ (Goals should include clear criteria or metrics to track progress and determine success)
- **I**\_\_\_\_\_ (Goals should be deeply meaningful and exciting to you)
- **R**\_\_\_\_\_ (Goals should push you out of your comfort zone, foster growth, and expand your capacity)
- **A**\_\_\_\_\_ (Goals should include clear action steps that can be taken to move toward achieving them)
- **C**\_\_\_\_\_ - \_\_\_\_\_ (Goals should help you develop qualities like resilience, integrity, and consistency)
- **L**\_\_\_\_\_ - \_\_\_\_\_ (Goals should align with the lifestyle you want to create)
- **E**\_\_\_\_\_ (Goals should align with your personal values and moral principles)

# MIRACLE GOAL #1: MY MISSION

## CHOOSE THE ONE GOAL THAT WILL MOST POSITIVELY IMPACT YOUR LIFE

Although all of our goals are important to us, choosing ONE that you identify as your “Mission” for the year—the goal that, if you had to choose, would be the most impactful for your life—enables you to prioritize your time, increase your discipline, and improve your productivity. Then, you’ll be able to apply those success attributes to ALL of your other goals.

## I Am Committed To...

## Why is accomplishing my mission important...

## To Me?

## To Others?

## To The World?

## My next steps are...

## When I accomplish my mission I will feel...

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## **MIRACLE GOAL #2**

### **CHOOSE YOUR SECOND MOST IMPORTANT GOAL**

In addition to your mission, when evaluating your goals, which stands out as the next most important and meaningful to you? Solidify your commitment to achieving it, clarify what it's important to you, identify your next steps, and imagine how you will feel when you accomplish it.

## I Am Committed To...

## Why is accomplishing my mission important...

## To Me?

## To Others?

## To The World?

## My next steps are...

## When I accomplish my mission I will feel...

## **MIRACLE GOAL #3**

### **CHOOSE YOUR SECOND MOST IMPORTANT GOAL**

When evaluating your goals, which stands out as the next most important and meaningful to you? Solidify your commitment to achieving it, clarify what it's important to you, identify your next steps, and imagine how you will feel when you accomplish it.

## I Am Committed To...

## Why is accomplishing my mission important...

## To Me?

## To Others?

## To The World?

## My next steps are...

## When I accomplish my mission I will feel...

## ASSEMBLE YOUR TOOLS

### THE MIRACLE MORNING + THE MIRACLE EQUATION + THE MIRACLE LIFE

**The Miracle Morning** combines the S.A.V.E.R.S.—six of the most timeless and proven personal development practices—which enable you to cultivate an optimal mindset and develop the abilities you need to achieve everything you want in life.

**The Miracle Equation** combines the two daily decisions that the world's most successful people live by, which, when made each day, will move your biggest goals from seemingly impossible to inevitable.

**The Miracle Life** is the awareness that every moment exists as inherently perfect, that you already have everything you need to be the happiest you could ever be, and that you can experience each moment of your life in a state of peace, joy, love, or any state you choose—even when you're facing adversity in life.

#### 1 THE MIRACLE MORNING: Your Practice for Personal Development

- **S** \_\_\_\_\_ (Cultivate An Optimal Mental & Emotional State)
- **A** \_\_\_\_\_ (Affirm Your Commitment to Your Goals)
- **V** \_\_\_\_\_ (Mentally Rehearse Today's Actions)
- **E** \_\_\_\_\_ (Generate Physical Energy & Mental Clarity)
- **R** \_\_\_\_\_ (Gain Knowledge & Strategies to Implement)
- **S** \_\_\_\_\_ (Acknowledge Progress & Priorities In Writing)

#### 2 THE MIRACLE EQUATION: Your Process for Goal Achievement

- **Two Daily Decisions:**

— \_\_\_\_\_ (Faith In Your Limitless Abilities)  
+ \_\_\_\_\_ (Consistent Effort Over Time)

#### 3 THE MIRACLE LIFE: Your Paradigm for Personal Fulfillment

- **Accept** \_\_\_\_\_ exactly as it.
- **Be at** \_\_\_\_\_ in every moment.
- **Choose your** \_\_\_\_\_ state of consciousness.

# MY MIRACLE YEAR AFFIRMATIONS

I know in my soul that I am just as **worthy, capable**, and **committed** to accomplishing everything I want in life as any other person on earth, and I will live in alignment with that truth each day. I have the ability to make 2025 so transformative that it will feel like a miracle. To do so, I will focus 100% of my energy on things that are in my control, taking action each day, and not waste my precious life worrying or stressing about things that I don't have control over.

## **The 3 aspects of my life that I'm committed to focusing on each day:**

- **Who I Become** - I will dedicate time to my daily self-development routine (i.e. my Miracle Morning / S.A.V.E.R.S.) so that I can continue learning, growing, and becoming the person I need to be to create everything I want for my life while showing up at my best each day for those I love and those I lead.
- **How I Show Up** - In addition to using my Miracle Mornings for self-development, I will pursue my 2025 goals, including my Mission, by living in alignment with the Miracle Equation, maintaining **Unwavering Faith** that I have the ability to overcome and accomplish anything I am committed to, and I will put forth **Extraordinary Effort** (i.e. consistent effort over an extended period of time) until I achieve my goals. Remember: there is always a way - when I'm committed.
- **What I Experience** - I choose to experience inner peace, love, joy, and optimism in each moment of this one life I've been blessed to live. I will implement the ABCs of the Miracle Life by consciously choosing to:
  - **Accept Reality Exactly As It Is**, knowing that resisting reality and wishing it were different is the source of all my self-created suffering. The moment I accept life/reality exactly as it is, I am free to be at peace with what is and choose my optional state of consciousness.
  - **Be at Peace in Every Moment**, knowing that gratitude is the lens through which I can choose to experience and enjoy every moment of my life—including the difficult ones.
  - **Choose My Optimal State of Consciousness**, knowing that no matter what's happening outside of me, I always have the freedom to choose what I focus on and generate optimal mental and emotional states.

I will treat each day as the most important day of my life because who I become, how I show up, and what I experience is what determines my quality of life, now and in the future. So, I am **committed to making 2025 so transformative that it feels like a miracle** because I, and the people I love, deserve nothing less.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

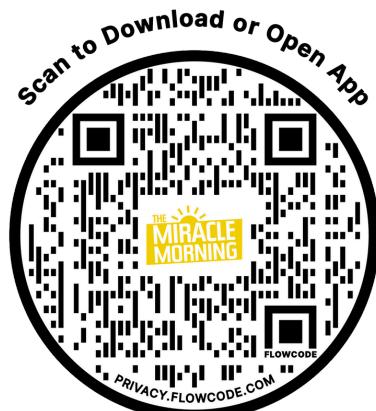
# Transform Your Mornings with The Miracle Morning App

## Try It FREE For 7 Days!



"I have been doing the Miracle Morning since 2014, and since I got the app, it's been much easier for me to stick to my Miracle Morning routine. I love the built-in tracker for the SAVERS, the dashboard and the guided SAVERS tracks!"

Carolina Reese, 02/20/224

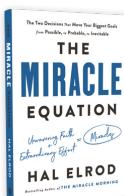


### More Resources:



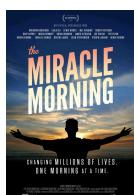
#### The Miracle Morning Updated & Expanded Edition

- Over 70+ pages of new content, including...
- The Miracle Evening and The Miracle Life
- Available on [Amazon](#) and anywhere books are sold



#### The Miracle Equation

- Discover the Two Decisions Guaranteed to Move Your Biggest Goals from Impossible... to Inevitable
- Available on [Amazon](#) and anywhere books are sold



#### The Miracle Morning Movie

- Feature-length documentary
- 4.6 out of 5 stars on Amazon Prime
- Rent on Amazon Prime or Watch FREE at [MiracleMorningMovie.com](#)



#### The Miracle Morning Music Playlist on Spotify

- Empower yourself through the power of music every morning with the Miracle Morning Playlist on [Spotify](#).

## Upcoming Events



Presents...

### The MIRACLE YEAR QUARTERLY SESSIONS

OVERCOME THE OVERWHELM AND INCONSISTENCY BY STRATEGICALLY REFLECTING AND STRATEGIZING HOW TO STRUCTURE YOUR SUCCESS



Presents...

### The MIRACLE YEAR FINAL SPRINT SESSION

FINISH THE YEAR WITH CLARITY AND CONFIDENCE SO YOU CAN HIT YOUR GOALS AND CREATE MOMENTUM FOR THE YEAR AHEAD!

#### Quarterly Events Coming In 2025

April 10th and July 10th

- **Revisit Your Yearly Goals:** so you can stay aligned with your annual goals.
- **Identify Bottlenecks:** Pinpoint obstacles or inefficiencies that may be slowing progress.
- **Detailed Action Plans:** Participants leave with specific, actionable steps to achieve their next milestones.
- **Re-energe your Commitment:** A quarterly check-in revitalizes enthusiasm and commitment toward goals.
- **Accountability Structures:** Quarterly events often encourage accountability, increasing follow-through on plans.

#### The Miracle Year Final Sprint Event

October 8th

- **Avoid Holiday Slowdown:** Create positive momentum during the busy season.
- **Laser Focus on Key Actions:** Identify the most critical actions and goals.
- **Eliminating Distractions:** Clear the noise and zero in on what truly matters most.
- **Stay Ahead of the Curve:** Stay proactive, rather than reactive, during the critical final months.
- **Reinforce Your Belief in Success:** Increases confidence and finish the strong, regardless of previous setbacks.

## NOTES

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