



Create Your Perfect Miracle Morning Routine

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Your **Miracle Morning** is more than just a routine—it's a sacred practice of aligning with your highest self, setting clear intentions, and stepping into the day with peace and purpose. Every morning offers a fresh opportunity to choose healing, embrace miracles, and deepen your connection with divine guidance.

The way you begin your morning sets the tone for everything that follows. **A Course in Miracles** teaches that each day, we direct our minds either toward love and peace or toward fear and limitation. By choosing love from the very start, we invite the miraculous into our lives.

Here's a simple, yet powerful, **Miracle Morning Routine** to support your journey:

1. Set Your Intention

Before you even step out of bed, take a deep breath and affirm:

✨ *"Today, I choose peace. I open my mind to healing. I allow miracles to guide my way."*

2. Morning ACIM Practice

- Read a lesson from **A Course in Miracles**, or revisit one that speaks to your heart.
- Reflect: *How can I embody this wisdom in my life today?*


3. Quiet Your Mind & Connect

- Spend **5–10 minutes in stillness or meditation**.
- Ask: *"Holy Spirit, how would You have me see this day?"*
- Rest in silence, open to receiving divine guidance.

4. Gratitude & Release

- List **three things you are grateful for**.
- If any worries arise, surrender them by saying:
✨ *"I place this in Your hands. Show me another way to see."*



Embrace each morning as a sacred gift. The miracle is already here. 

To create your own Miracle Morning Routine, Follow These Steps:

1. Set Your Day with Intention

Your morning practice begins with intention. Below are key questions designed to help you center your mind, align with your highest self, and set the tone for your day.

How to Use This:

- Review the questions below and place a check next to the ones that inspire you.
- You don't need to answer every question—choosing **just one or two** that resonate is a powerful start.
- Let these questions become the foundation of your Miracle Morning, guiding you toward a day filled with clarity, purpose, and peace.

Who do I choose to BE today? ____

✨ *Clarification:* Select a quality or state of being that you want to embody throughout the day.

Examples: *My empowered and happy self, peaceful, joyful, confident, productive, loving, or patient self.*

How do I want to feel today? ____


✨ *Clarification:* Choose an emotional state you want to cultivate and carry with you throughout the day.

Examples: *Energized, calm, grateful, inspired, excited, grounded.*

What do I want to experience or accomplish today? ____

✨ *Clarification:* Focus on one positive outcome, experience, or goal you'd like to achieve by the end of the day.

Examples: *Completing a project, spending quality time with a loved one, resolving a conflict peacefully, or making progress in your spiritual studies.*

 *Imagine the satisfaction of honoring your commitments, followed by the gentle reassurance of your inner voice: "It's okay. Good work today. You can rest now." By listening to what truly serves you in each moment, you fill your own cup—allowing you to keep loving, giving, and showing up fully.*



2. Set Your Mind Right

Your morning practice begins with intention and reflection. Below are key questions to help you cultivate a mindset rooted in peace, gratitude, and clarity.

How to Use This:

- Review the questions below and check the ones that resonate with you.
- You don't need to include every practice—start with 2–3 that feel right, and expand as needed.

What do I choose for stillness? ____

✨ *Clarification:* Decide how you'll create a quiet, reflective space to center yourself.

Examples:

- Prayer
- Meditation
- Gratitude journaling
- Sitting in silence
- Practicing deep breathing
- Being present in nature

💬 *Additional Considerations:*

For how long? ____ (5 minutes, 10 minutes, etc.)

Where? ____ (On your yoga mat, in a comfy chair, outside on your porch)

Do I choose Prayer & Gratitude? ____

Morning prayer and gratitude are powerful ways to align your thoughts with **love, peace, and purpose**.

♥ *Consider:*

- Saying a morning prayer to invite guidance and miracles
- Writing or speaking 3 things you are grateful for
- Expressing thanks for the day ahead, trusting it will unfold with grace

Choose what Prayer options work best for you and write them down here:



By **setting your mind right**, you create space for inner peace, clarity, and divine connection—allowing miracles to flow naturally throughout your day. 🌿 ✨

Do I choose Morning Prayer ____

Prayer is a sacred way to **connect with your Higher Power**, set your intentions, and invite divine guidance into your day. It allows you to surrender, align with love, and open your heart to miracles.

💬 **How will you incorporate prayer into your Miracle Morning?**

Choose the practices that resonate most with you:

✨ **A short, heartfelt prayer of surrender**

"Dear God, I offer this day to You. Guide me to see through the eyes of love in all I do."

✨ **Reading or reciting a written prayer**

From **A Course in Miracles** or your chosen sacred text—allowing its meaning to deeply sink in.

Example: *"God, being Love, is also happiness."* (Lesson 103)

✨ **Holding an ACIM lesson in mind**

Contemplating its message and **asking for divine understanding and guidance**.

✨ **Silent communion with God**

Spending **5 minutes in stillness**, expressing love, gratitude, and listening with an open heart.

Choose what Meditation options work best for you and write them down here:

Do I choose a Gratitude Practice ____

Gratitude is a powerful way to **shift your mindset from lack to abundance** and open your heart to receiving the miracles of the day. By focusing on what you appreciate, you invite more joy, peace, and blessings into your life.

💬 **How will you practice gratitude in the morning?**

Choose the method that resonates most with you:

✨ **Writing** – List **three things you're grateful for** in a journal.

✨ **Speaking aloud** – Affirm gratitude by saying:

"I am grateful for my health, my family, and the opportunities this day will bring."



✨ **Silent Reflection** – Mentally list things you appreciate while sitting in stillness.

💬 **Where will you express your gratitude?** ____

Examples: *At the breakfast table, during meditation, while walking outdoors.*

💬 **For how long?** ____

Examples: *A quick 1–2 minutes of silent gratitude or a deeper journaling session lasting 5–10 minutes.*

Choose what Gratitude options work best for you and write them down here:

3. Care for Your Body and Family ____

This step focuses on **physical well-being** and **nurturing connections with loved ones**.

Caring for your body and loved ones is an **act of love**—for yourself and those around you. No matter where you're starting, trust that you're exactly where you need to be. Each small step brings you closer to the lifestyle you desire.

This isn't about perfection—it's about **progress**. Choose what feels right for you now, knowing that you can **adjust and refine** as you grow. Be gentle with yourself and build habits that truly support you.

Now, let's create a **morning routine that feels like an act of love** and sets the tone for a **balanced, vibrant day!** 💖

● **What do I choose for body cleanliness?** ____

- ✨ *Clarification:* Identify basic hygiene or grooming habits to help you feel fresh and ready.
- **Examples:** *Washing your face, brushing your teeth, taking a shower, applying essential oils or lotion.*

● **What do I choose for movement?** ____

- ✨ *Clarification:* Pick an activity to **energize your body** and support overall well-being.
- **Examples:** *Stretching, yoga, walking your dog, a short run, or a quick 10-minute workout.*



● **What do I choose for my family?** ____

- ✨ *Clarification:* Think of small ways to start the day positively for those you live with.
- **Examples:** *Preparing breakfast for your kids, having a morning coffee chat with your partner, or tidying up the space to create a peaceful environment.*

● **What do I choose to eat to nourish/break my fast?** ____

- ✨ *Clarification:* Plan a **healthy and satisfying breakfast** to fuel your body.
- **Examples:** *A smoothie, oatmeal with fruit, avocado toast, or herbal tea with a light snack.*

● **What do I choose for hydration?** ____

- ✨ *Clarification:* Decide on a **hydration ritual** to kick-start your system and support overall health.
- **Examples:** *Drinking a glass of lemon water, herbal tea, or a green juice.*

Anything else you want to include? ____

This is **your** Miracle Morning—feel free to personalize it! 💖



Creation Time!

Write out your Whole & Complete Miracle Morning Routine

Before you begin, pause. Take a deep breath. Connect with your heart and guidance.

Reflect on everything you've written above. Imagine yourself moving through your morning with ease, clarity, and intention. Feel the peace, the alignment, the joy of choosing miracles from the moment you wake up.

Now, it's time to create your own Miracle Morning routine—a flow that feels natural, nourishing, and sustainable for you. Be as specific as possible, including where you will do each activity and for how long.

WRITE YOUR FULL IDEAL MIRACLE MORNING ROUTINE HERE

Anything missing?

Now that you've written it down, does it feel complete? Is there anything else you'd like to include? A moment of gratitude? A short walk? A creative practice?

Here is my ideal morning routine as an example to guide you:

♥ *I wake up and immediately pray, setting my intention for the day. I place my hand on my heart and whisper, "Today, I choose peace. I open my mind to healing. I allow miracles to guide my way."*

♥ *I sit up, put on my slippers and housecoat, and walk to the bathroom. I brush my teeth, splash my face with cool water, and take a moment to feel refreshed and awake.*



♥ *I move to the kitchen and pour myself a big glass of water. As I drink, I feel gratitude filling my body. I put on the kettle and make a warm lemon water tea to gently wake my system.*

♥ *With my tea in hand, I sit in my favorite chair in the living room. I open my ACIM book and read today's lesson. I let the words sink in and reflect on how I can apply them today.*

♥ *I then close my eyes and slip into a quiet meditation. I breathe deeply, listening for guidance and simply resting in stillness for 10–15 minutes.*

♥ *Afterward, I step onto my yoga mat. I stretch, breathe, and allow my body to wake up fully. Sometimes, I follow a short 15-minute yoga class, or simply move in a way that feels good.*

♥ *Feeling energized, I prepare a nourishing breakfast—perhaps a smoothie, avocado toast, or a bowl of oatmeal with fruit. I enjoy each bite, present with the nourishment I am giving my body.*

♥ *If my family is awake, I take a moment to connect—sharing a kind word, preparing something small for them, or simply being present as we begin our day together.*

♥ *Before moving into the rest of my day, I take one more deep breath. I affirm: "I am ready. I trust today will unfold exactly as it is meant to."*

Write Your Customized, More Realistic Miracle Morning Routine

This is for right now—not some idealized future version of you, but who you are today. This routine is just right for you at this moment. You are choosing to show up for yourself. This is about commitment, not perfection.

♥ Take a deep breath. Feel your intention. Say to yourself:

"I can do this. I am ready to commit to a Miracle Morning that works for me, as I am right now."

Now, let's simplify and create a realistic, manageable morning routine that you know you can stick with.

NOW WRITE YOUR CUSTOMIZED MORE REALISTIC MIRACLE MORNING ROUTINE



Does this feel manageable for you?

Ask yourself honestly: Can you be consistent with this? If it feels too much, simplify. Start with just a few key elements and allow your routine to grow naturally over time.

The most important thing is not to do it perfectly but to show up for yourself—with love, patience, and an openness to miracles. 💙 ✨ ✨

Example of a Realistic Miracle Morning Routine:

💙 *I wake up and immediately set my intention for the day with a short prayer: “Today, I choose love. I am open to miracles.”*

💙 *I take a deep breath, sit up in bed, and take a moment to feel gratitude for the day ahead.*

💙 *I put on my slippers, go to the bathroom, brush my teeth, and splash my face with cool water to wake up.*

💙 *I drink a big glass of water in the kitchen, maybe add a squeeze of lemon, and take a moment to just **be present** with the new day.*

💙 *I find a quiet spot and spend 5–10 minutes reading my ACIM lesson or reflecting on a passage that speaks to me.*

💙 *I sit for a **short, simple meditation**—even just 5 minutes of quiet breathing and listening to my inner guidance.*

💙 *I move my body gently—maybe a few stretches, a walk around the house, or a short yoga flow if I have time.*

💙 *I make some warm water with lemon*

💙 *I take a deep breath and remind myself: “I am ready for the day. I trust in love, peace, and miracles.”*

Your Two Non-Negotiables

Life happens. Some mornings will be busier than others, and you may not have time for your full Miracle Morning routine. That’s okay! What matters is consistency, not perfection.

On those extra-busy mornings, what are the TWO things from your list that you will always do—no matter what?

These are your non-negotiables—the foundational practices that will keep you anchored in peace, love, and miracles, even on the most chaotic days.



Now, choose **YOUR** two non-negotiables 🖋️ Write them below:

Example Non-Negotiables:

💖 **Morning Prayer & Intention** – *Before I even get out of bed, I take a deep breath and say: “Today, I choose love. I give my day to you God and open my mind to peace.”*

💖 **Hydration & Presence** – *I drink a full glass of water and take a moment to be present, even if it’s just **one deep breath** of gratitude.*

Do You Need Any Apps or Tools to Support You?

To make your **Miracle Morning** even smoother and more enjoyable, consider using apps, tools, or resources that support your practice. These can help you stay consistent, inspired, and motivated.

💡 **What might be helpful for you?**

Spiritual & Mindfulness Apps:

📖 [ACIM App](#) – Easily access daily lessons and reminders.

🧘 [Calm](#) / [Insight Timer](#) / [Headspace](#) – Guided meditations for relaxation and focus.

📝 [Gratitude App](#) – Journaling and gratitude prompts to keep you aligned.

Movement & Wellness Support:

🧘 [Yoga App \(Gaia, Down Dog, YouTube Yoga Classes with Adriene\)](#) – Quick movement sessions.

📝 [Habit Tracker \(Streaks, Habitica, or your Color Notes App\)](#) – Track your morning routine.

💧 [Water Reminder App](#) – Gentle reminders to stay hydrated.

Physical Tools:

🌿 **A Dedicated Journal** – For reflections, gratitude, and ACIM insights.

🕯️ **A Quiet Space (Altar, Meditation Cushion, Yoga Mat)** – To create a peaceful atmosphere.

🍵 **Your Favorite Tea, Essential Oils, or Comfort Items** – To make mornings feel sacred.

What apps or tools or ways will you “set your environment” for your morning routine?



What Is Your WHY?

*“Don’t look for motivation. Find your WHY- then no excuses will come between you and your goals.”
- Simon Sinek*

Understanding why you are committing to your Miracle Morning Routine will keep you motivated, focused, and consistent—even on the days when you don’t feel like it.

Your WHY is what will carry you through resistance, distractions, and busy mornings. It will remind you that this is not just another routine—this is a sacred commitment to yourself, your growth, and your connection to miracles.

Reflection Questions to Find Your WHY:

- ♥ *What do you hope to experience or create in your life by doing this?*
- ♥ *How do you want to feel each morning (and throughout the day) because of this practice?*
- ♥ *How will this impact your spiritual journey, your mindset, and your overall well-being?*
- ♥ *Who else benefits when you show up for yourself in this way?*

“Set the goal at the beginning and Holy Spirit will work with you to reach that goal” -A Course in Miracles

Sign here if you agree to do your miracle morning everyday, to the best of your ability until it becomes a habit.

X

