

A very beautiful morning to everyone. Now I am here to give you a view on the "**6 MIRACLE MORNING HABITS OF SUCCESSFUL PEOPLE**". I hope it sounds interesting.

Here's a short story, at the age of 60, Hal Elrod has become the top Salesman of the company. Everything was going well in his life until he met with an accident. His legs were broken and he was severely injured. After knowing this he was really shocked and felt sad. But he remembered the one thing that he learned from his mentor that being sad and worrying about any negative result for more than 5 minutes will lead to more negative outcomes. So he stopped worrying and went to his friend for a suggestion. After compiling his friend's suggestions and from his own research, he concluded, "**6 MIRACLE MORNING HABITS OF SUCCESSFUL PEOPLE**." So here's an acronym for the 6 habits, "**S A V E R S**" i.e., Savers.

Firstly, the "**S**" stands for **SILENCE**. Here silence means meditation, yoga (or) prayer. These will calm our mind and give a fantastic start to the day. Next "**A**" stands for **AFFIRMATION**. Affirmation is a positive statement that we repeat to ourselves. For example, if we affirm to ourselves that "I am a confident person" then our subconscious mind gets used to it and we behave like a confident person in reality as well.

"**V**" stands for **VISUALISATION**. Here we use our imagination and create images in our mind about what are our goals?, what do we want to become in future? Etc. Next "**E**" stands for **EXERCISE**, as you all know that exercise has a lot of scientific benefits, our brain releases endorphin it gives more oxygen to our brain and makes us feel better.

Moving on is "**R**", **READING** books which improve our knowledge and in short which improve ourselves is one of the healthy habit that you can ever develop. Lastly "**S**" is **SCRIBING** that is writing down, you can scribe anything you want, word of the day, diary, to do list, your thoughts and your ideas etc.

So these are the 6 habits which are followed consistently by most of the successful people in their lives.

I hope you guys follow these 6 habits everyday in your lives and see a change in yourself. I would like to end quote,

"YOU CAN'T DEVELOP A HABIT, THAT DOESN'T EXIST"

Thank you to our respected principal mam for giving me a chance to express my Views and I hope you all have a beautiful day ahead of you.

This is Karanam Charitha Sree from I BBA- A.