

Chris Wark (00:06.903)

Hey gang today. So I'm interviewing Hal Elrod. Some of you may know how he's a, he's a pretty well-known fella. I've got his book, Miracle Morning. And he interviewed me recently for his podcast. He's also a cancer survivor and has just a incredible story and a much bigger story than just cancer. He at eight years old, his sister died right in front of him at 20 years.

old, he was hit by a drunk driver and pronounced dead on the scene. And then at 37, he was diagnosed with an aggressive form of cancer and given a 30 % chance of surviving. And yet here he is. He's still alive. And, uh, he's found a way to turn his, uh, his, his adversities into perspectives and practices that have helped millions of people transform their lives. He's a keynote speaker. He's authored 12 books.

And, sold millions of copies of books. The miracle morning was a feature length movie. and yeah, we'll get into all that, but, most importantly, he is a family man, married 15 years and father of two kids and just doing a lot of cool stuff. so, how good to see you welcome.

Hal Elrod (01:28.802)

Chris, it's an honor, brother. I'm grateful to be with you again,

Chris Wark (01:32.429)

So this is kind of a fun backstory that I, of course I mentioned on your podcast, but my buddy JP recommended this book, Miracle Morning to me years ago. And it's like, yeah, it's great. You know, it's a quick read and it's really good. And I was like, yeah, all right. So I got the book, I start reading it and I learned pretty quickly, you know, that you sold Cutco and I sold Cutco. So I'm like, man, I like this guy already.

Hal Elrod (01:53.528)

That's right.

Hal Elrod (01:59.178)

Yeah, cutco alumni for life man once you've sold cutco that's like such a common bond and even for cutco owners right there. You have cutco aren't those the best knives you know.

Chris Wark (02:08.951)

true. It is, it's, it's definitely a common bond. Being a cutco sales rep, I was in college for over two years and was, you know, successful at it. And they, wanted to move me up in the company ladder, but I decided to do something different. And, but yeah, we still, we still got all our cutco knives and you know, I learned so much from that and I know you did too, but that job really taught me.

Hal Elrod (02:32.139)

Yeah. Yeah.

Chris Wark (02:36.811)

what was possible. really opened my eyes to the potential that I had to go out into the world and, and make something of myself. You know, it really opened my eyes to, the possibility that I could be my own boss, that I didn't have to work for someone else. And it sort of ignited the entrepreneurial spirit in me. And so I'm really thankful for that, that time of my life, that opportunity. And, and it was hard.

It was, it was not an easy job. was, it was hard. was like.

Hal Elrod (03:09.526)

an emotional roller coaster, lots of rejection and failure. And they say that if you can succeed in sales, right, it's like you can succeed at anything. And it was the same for me. my whole life, I was very mediocre. Like I wasn't an athlete in school. I wasn't popular. I didn't get great grades. Like I didn't really have a, I didn't have discipline. I was really lazy, all the things. And it was, it was in Cutco that I was like, wow, if I follow the program and I work really hard and I, you know, allow my, my manager

to hold me accountable. I saw these amazing results and broke some records and then it was like, whoa, if little old me, little old mediocre me could do this, what else could I do? And that just became the new story of like, I'm not special. I can actually do anything that I set my mind to as cliché as that may sound.

Chris Wark (04:00.609)

Yeah. Well, and, and that's also, isn't that when the sort of miracle morning, sort of principles started to, to materialize was

Hal Elrod (04:12.59)

No, miracle morning didn't happen until after cutco. So the car accident, right is what actually happened a year and a half into my cutco career. I had given a speech at a conference, which is where my dream of being a professional speaker that was born at cutco because I spoke at all the events and driving home one night a drunk driver got on the freeway going the wrong way, hit my car head on at 70 to 80 miles per hour somewhere in that range.

And I then my car, you know, airbags exploded. I don't remember this, but you know, airbags exploded and my car spun off the drunk driver and the car behind me hit me in the broadside of me in the driver's side door at 70 miles per hour. And the entire left side of my body was just crushed. broke my eye socket was broken in three places. My ear was almost completely severed. My arm broke in half. My elbow was shattered. My femur broke in half. I broke my pelvis in three places like and that's where I was clinically dead for

approximately six minutes while they airlifted me and revived me on a helicopter and then spent

six days in a coma and came out of the coma to face this unimaginable reality that I had broken 11 bones and the doctor said I would never walk again. And I just had to process all of that. And thankfully, I had learned in my cut code training, something called the five minute rule, which I teach to this day every speech I give this is the first half of my speech, I share my car accident story. And I share the strategy I learned in cut code training, which states the five minute rule states

It's okay to be negative when things go wrong, but not for more than five minutes. Set your timer for five minutes. Don't suppress your emotions. Feel them fully. Bitch, moan, complain, cry, vent, punch a wall. But when the timer goes off, you say three very liberating, reality checking words, which is can't change it. I can't change what happened five minutes ago so I can continue to be upset about it, which is a waste of my one precious life. I've been blessed to live or I can accept it and move on. And because I had done that every day in sales for

a year and a half, roughly, what is that, know, 800 days, something like that. Then once the car accident happened, I came out, go, wow, this is a lot harder than no sales and no shows and canceled orders. But the principle is the same. I can't change that I was in a car accident. So I either wish it didn't happen and waste my energy, or I accept it fully and focus all my energy on healing. And that's what I did. And the doctors, you know, they thought I was in denial because I was telling them, I'm gonna walk again, you're gonna see and they're like,

Hal Elrod (06:35.726)

telling my parents, you need to talk to your son. He's probably, you know, being a wheelchair the rest of his life. And two weeks after I came out of the coma, three weeks after I was found dead at the scene, they came in with x-rays and they said, Hal, we don't know how to explain this, but you can take your first step today if you feel ready. And the rest was kind of history, as they say, I my first step. And then that's what launched kind of my speaking career and writing my first book and Miracle Morning came much later.

Chris Wark (07:02.519)

You know, they didn't teach me the five minute rule in my cutco training.

Hal Elrod (07:08.074)

That must have been a, I don't know that was my manager, my mentor, our division. was a local thing, I guess, that got passed around. Yeah.

Chris Wark (07:16.451)

You had a better manager than me. I think I had multiple managers. think you had. Yeah. Yeah. I had multiple and a lot of turnover in the, in the Memphis cut co-market.

Hal Elrod (07:20.706)

You told me that, yeah.

Yeah, I got lucky. I was literally the manager that hired me Jesse Levine, who I just talked to yesterday, we probably catch up like once every month or two. We had a great call yesterday. But I was 19. He was 23. And he was the number one manager in the history of the company that year, the first to ever do a million dollars in one office. So yes, I was sued. mean, I would not have succeeded with cutco. Had I not had someone holding my hand encouraging me holding me accountable.

in Jesse and I really had to borrow the belief that he had in me until my belief caught up much later.

Chris Wark (07:59.201)

That's awesome. I had some great mentors in real estate that I'm so thankful to as well. You know, it's like you really, you really do need, you know, we all need mentors. We all need help and encouragement and to develop relationships with people that are a little further ahead in life than we are. know, if anybody's listening to this and is, you know, has not done this or doesn't believe they're

there are people that are willing to help them. Let me just tell you there are, because what I've learned is that successful people enjoy sharing their success. They enjoy teaching other people. They enjoy talking about their failures and their wins. And, you know, if you know a successful person, just ask if you can take them to lunch. You know, that's just, that's where it starts. Everybody eats lunch.

Hal Elrod (08:30.167)

Yeah.

Hal Elrod (08:48.802)

Yeah, yeah.

Hal Elrod (08:53.389)

Yeah.

Chris Wark (08:53.763)

You know what I mean? And so that's what I did. I would, you know, Hey, can I take you to lunch? Pick your brain? Sure. You know, and yeah.

Hal Elrod (08:58.604)

Yeah. And another frame of reference there that I want to share with people is some of my greatest mentors, I have never met before. And they are the authors that I have read. And I that's really important. Like Jim Rohn is arguably, I mean, he will share later, like it was a single Jim Rohn quote, a single quote that led to me thinking I've got to create the ultimate morning routine. And if I hadn't read that quote, so

his impact on me and I never met him. And the reason I share that with folks, like when I'm talking about finding a mentor is some people are like, you don't understand. Like, I don't know anybody that's successful or whatever the reason is. And so it's like, yeah, but you have access to the internet, right? You have access to books, you have access to articles. And so it's like mentoring can happen face to face, or it can happen, you know, by you reading something that a mentor, an author shared in the most impactful way.

you know, in a book and just like you've got your books behind you on the shelf. Like, dude, you were my mentor through my cancer journey, Chris. And we never I think we had one quick call. But like I never met you. But it was Chris beat cancer.com. You mentored me through your knowledge and wisdom, even though we weren't having interactive conversations, I was learning from you know, from your experience and your wisdom as if you were sharing it directly to me.

Chris Wark (10:20.941)

That's awesome. And I myself have definitely learned from many others that I've not that I have not met. Right. And that's that is the beauty of publishing, right. Putting a book out there or even just publishing online, writing, making videos, teaching what you've learned. Like you can really impact. You can have a big impact on people that you've never met and be a huge encouragement and source of, you know, life changing information.

for folks, if you're just willing to put yourself out there and share what you've learned. So yeah, that's so cool. let's, yeah. So let's get to the miracle morning part of your story. Like, so what was the quote from Jim Rohn?

Hal Elrod (11:03.471)

Yeah, so I'll set it up with I had just I had hit Hall of Fame with Cutco. So I was with him for six years. And after Hall of Fame, I was like, all right, I want to be an entrepreneur. Like I had this drive inside where I want to create something from scratch, you know, not just sell another person's product. And there's no judgment if you know, I have a lot of friends that are still cut core apps like 30 years later. But for me personally, I just felt the desire to do that. And so I started a coaching business. After Cutco, I was business coaching.

coaching salespeople, even life coaching, that kind of thing. And I was building a successful career. I had bought my first home. I had met my future wife. Like life was great. And then in 2008, when the Great Recession hit and the economy started to crash, I crashed with it. And I lost over half of my clients in a matter of months. Thus, I lost over half my income and I couldn't pay the bills. And I started drowning in debt. My house was foreclosed on. I was living on credit cards. And really for the first time in my life,

I felt like I had no control and I felt scared and I was depressed. I didn't know what to do. And I called one of my best friends, John Berghoff. And John's a very smart individual. So my wife actually suggested to call John, ask him for some advice. was like, God, you're right. I should

have called him a long time ago. Better late than never. And when I called John, he listened and then he said, listen to this Jim Rohn audio. It will change the way you are thinking about your ability to turn your life around. Cause at that time,

I, like most people, was like, it's the economy. I can't control the economy, so I'm a victim. I listened to this Jim Rohn audio and the quote that he said that landed differently than anything I had heard before, your level of success will seldom exceed your level of personal development. When I heard that, and I might have even heard it before, somebody watching this or listening might go, I've heard that before. Let me explain it in the way that it landed for me in that moment. I quantified it and I went, okay.

If I'm my level of success, right? This is the level of success if you're watching this, I got my right hand up and down in the air. And then I got my level of personal development across from it, right? On a scale of one to 10, Chris, I'm going to ask you a question. It's kind of obvious, but what level of success if 10 is the happiest and healthiest and wealthiest and right? If 10 is the best, what level of success do we want in every area of our life?

Chris Wark (13:22.509)

think most people would want to have a 10.

Hal Elrod (13:24.546)

I think so. I've never met anyone that's like, don't want to be too happy, or I don't want to be too financially secure. I don't want my marriage to be too great. Like, I do believe it's in human nature to aspire to, you know, be the happiest and healthiest and best that you can be. So then I asked myself, okay, if I want level 10 success, and it's not going to exceed my level of personal development, that wouldn't mean I would need to have level 10 personal development. And I'll unpack what I mean by that.

But my question was, what's my level of personal development? And it was like a two or a three. And I believe this is the disconnect for the majority of our society. Every human being wants to experience level 10 success and fulfillment in every area. But very few people have a level 10 personal development ritual each day that ensures they are becoming the best version of themselves. And so I went online and I Googled what are the world's most successful people do for personal development? And I was looking for

one practice, like what's the best one? And I couldn't find one, I found six. And it was meditation, affirmations, visualization, exercise, reading, and journaling. And depending on which successful person, it could be Michael Jordan or a CEO or some highly, some person that's created a big impact in the world. And they swore by one of those six, it was their meditation practice or the affirmations or

Jim Rohn, him specifically was journaling. That was his favorite practice to gain clarity and insights and solidify your priorities in writing. And it hit me. As I'm trying to figure out what one's

the best, I go, what if I just did all of them? What if I woke up tomorrow and did all six practices? I thought that would be the ultimate personal development ritual. And theoretically, that would enable me to go from a two to a 10.

as fast as possible so that I developed the mindset and the beliefs and the habits and the skills and the abilities to turn my life around. So I woke up the next morning, I did all six practices, I did them poorly, I had never meditated before, affirmations felt kind of goofy, right? But I just fumbled my way through them. And that morning, it was remarkable because I from being depressed and hopeless to if I start every day like this,

Hal Elrod (15:41.036)

It is only a matter of time before I become the person that I need to be to turn my life around. And in honesty, I was thinking it would be like a year like 12 months from now, I can get out of debt, I can get my income back up. And in less than two months, at the height of the Great Recession, when the economy was getting worse and worse and worse. But the morning practice got me better and better and better. I doubled my income in two months. And I remember the moment I went to my wife Ursula I said, sweetheart,

I just signed on two more coaching clients. She said, good, we need money. I go, no, no, no. Yeah, but this makes it official. We've doubled our income since I started that morning ritual. And I can attribute it to the ritual. It's the books I'm reading. It's the things I'm affirming. It's the visualization. I go, feels like a miracle. It happened so fast. And she goes, maybe it's your miracle morning, sweetheart. And I go, yeah, I never thought it was gonna be a book.

But I was like, I love that miracle morning. And then I started with my coaching clients, it transformed their lives. And that's when I was like, I have to share this with the world. And you know, I self published the book and millions of copies later and all these like, it's now about so much more than just getting out of crisis. It's literally a lifestyle that enables us to show up at our best for those we love and those we lead and for ourselves.

Chris Wark (17:00.909)

That's amazing. I love it. And I certainly do not accomplish all those things every morning. But I certainly do a lot of those things at different times and different days, but I'm just hearing you talk about it, know, kind of reignites my interest in like really getting a more structured morning. think, you know, for me, what's happened is I've gotten, you know,

I was like you in 2008, I was also in a crisis mode because I had been in real estate for, for six years. I had built a real estate business. I had a bunch of rental property and then, you know, the real estate collapse happened. And so I was upside down on almost everything I owned. So in other words, I owed more on these houses than they were worth. But, and all the banks, I was, I was

Hal Elrod (17:35.704)

yeah.

Chris Wark (17:58.327)

building a portfolio. So I was borrowing money to buy houses, to fix up and to rent and, and, or to resell. And, you know, the banks all just basically shut their doors. You know, they're like, we're not lending money to anybody. Doesn't matter. Like I'm like, but I paid all my bills. you know, didn't matter. And so, so that my sort of business model was, was derailed and,

Hal Elrod (18:00.942)

Mm.

Hal Elrod (18:10.178)

yeah.

Chris Wark (18:25.827)

And I had to pivot really quickly and, uh, into, I became a contractor and started doing, you know, uh, roofing and plumbing and, know, painting houses, doing all kinds of stuff. I had a great crew and we just quickly shifted gears and I was able to, to stay afloat and not lose any properties to the bank and, know, just, uh, keep my bills paid, right. And like, you know, get through it, but some of those, um,

Hal Elrod (18:45.497)

Nice.

Chris Wark (18:53.943)

You know, it's like times of crisis like that, that really force you to get super organized. You know what I mean? Like you don't have time to like, you just do not have time or the luxury of, for me, I didn't have time to feel sorry for myself. You know what I mean? Like I really didn't. was like, I gotta just, I gotta, as soon as I get up, I gotta be out the door, like hustling. I gotta get after it and like.

Hal Elrod (19:02.595)

Yeah. Yeah.

Hal Elrod (19:23.566)

Yeah.

Chris Wark (19:23.735)

take care of my family. had two little kids and you know, and bills and lots of obligations and stuff. So, but I say all that to say like, you know, I think I would have been, it would have benefited me so much if I had had a structured morning, even at that time, you know, versus a very haphazard sort of out the door, you know, of course I was

Hal Elrod (19:25.899)

Hmm

Yeah.

Chris Wark (19:51.755)

I was organized. So I knew every day like what I had to accomplish. I had to do lists and stuff, right? Things, everything was written down, like I know what I need to do today. But, but yeah, I love that even even for me now, I feel like I would, you know, it would it would really help me accomplish more.

Hal Elrod (20:00.517)

Yeah.

Hal Elrod (20:11.053)

Yeah. Yeah. Well, I think about your that the way you just phrase that it would help you accomplish more. One of the things that made the Miracle Morning really take off was, I mean, it was I did hundreds and hundreds of podcasts, interviews, but one in particular, Pat Flynn, do know Pat Flynn is? So Pat reached out to me and I was a huge fan because Pat's just he's a family man, you can just tell he's got he's a great and I now know him as a friend, but you know, total integrity, great, just awesome. And

Chris Wark (20:28.729)

I know the name. Yes.

Hal Elrod (20:40.367)

he's running a seven figure business. So he's crushing it financially. He runs marathons. He's a really highly engaged dad. This was back then, like 2014, 15, after the book had been out for a couple of years. And he reached out and said, I keep hearing about Miracle Morning. I'm not a morning person, but come on my show. Let's talk about it. And so before we started recording the episode, he goes, yeah, I just want to just so you know, I wake up in the morning when my two little four and five year old kids come

They're my alarm, daddy, daddy, wake up. And I go, I'm going, how in the heck am I going to convince this guy that he should forego that unbelievably beautiful wake up ritual so he can get up and do Miracle Morning? I'm like, there's no way. But at the end of the episode, not to mention, go, he's already running a set, like, he's already crushing it. It's not like he's where I was in crisis when I started it. And so at the end of our interview, he said, Hal, I've never thought about mornings this way.

I've always been a night owl and I'm productive in the evening. He said, but I think I'm missing out on a level of productivity that if I were to start my day with the miracle morning, I'd be more focused. I would start the day with more energy and clarity and productivity and all the things.

goes, so I'm going to commit right now to my whole audience for the next 30 days, I'm doing the miracle morning every single day. And he said, I'm going to post on social media, you can follow along.

Anyway, him doing that, the Miracle Morning book sales went from like \$2,000 a month to \$5,000 a month. I was so grateful for that. It helped me realize that whether someone is at rock bottom, like I was when I created the Miracle Morning, it can turn that around for you so fast, it feels like a miracle. Or if you're like Pat Flynn, where you're running a seven-figure business and you've got a great family and you're running marathons, that's one thing human beings have in common is our potential is limitless.

So whether we're at rock bottom or we're coasting or we're thriving, there's always the next level of fulfillment and success and accomplishment and meaning and connection and all of those things. And I often ask myself or I've asked myself over the years, I've been in a miracle morning almost every day. I probably average 6.2 days a week for 17 or 18 years. And the question is, why do I still do it?

Hal Elrod (22:59.053)

And it's now it's not just about me, it's about being the husband that my wife deserves. I'm reading marriage books all the time. I'm reciting affirmations that remind me what's important to my wife and how I can show up at my best for her. I'm doing the miracle morning to be the dad that my kids deserve. got after I read books on parenting. I've got affirmations that serve them. I'll visualize being you know, fun on the weekends with like all the practices are universal for whatever

is important to you in your life and I'm sure we'll get into it. But like I use the miracle morning to beat cancer when I had cancer because it's like whatever the goal is, I need to double my income. Miracle morning accelerates my ability to do it. I wanted to run an ultra marathon a year later. I just applied the miracle morning savers to the ultra marathon, right? And then it was beating cancer. And so it's like whatever someone's goals are, the miracle morning amplifies and accelerates your ability to accomplish them.

Chris Wark (23:52.963)

I love that. Yeah, I love that. and I think everybody listening knows like you really do feel good when you, when you accomplish something first, the first thing, you know, first thing in the morning, whether it's exercise, you know, or it's journaling or it's reading the Bible devotional or it's prayer and meditation or it's walking the dog. Like, you know, if you get up and like accomplish it, making your bed, right. You get up and like do something like

Hal Elrod (24:19.246)

Yeah.

Chris Wark (24:22.359)

first thing you accomplish something, it really sets the tone for your day. And you become, think just in that moment, you become a person that is proactive rather than reactive to like, what's coming at me today versus like, I'm in charge of this day, you know? And so, and I'm guilty of both. I'm certainly have those reactive days where I just, I get up and I get distracted and I'm not organized and

Hal Elrod (24:27.247)

Totally.

Hal Elrod (24:36.847)

Yeah. Yeah.

Yeah.

Chris Wark (24:50.411)

Maybe I waste a lot of time because I'm self-employed, you know, so it's easy for me to waste time if, you know, and no one's telling me what to do or what to work on. And then there's other days where I get up and like, I'm right, get, get right, you know, get after it and have a really super productive day. So I think the difference, it just really boils down to discipline, right?

Hal Elrod (24:55.438)

Yep.

That's right.

Hal Elrod (25:12.515)

Yeah. Yeah. And that for me, like the miracle morning and to your point, you said it really well, how you start the day sets the tone for the rest of the day. And most people, unfortunately, they start their day by reaching for their smartphone, right? And then they're on the phone. And what that does is it literally puts our day, our state of mind into reactivity. Right now, it's like text messages, notifications, emails, social media. And what happens is we immediately we're losing the two most important

assets that we have to make it a great day and create a great life, which is our attention and our intention. We've lost but we've surrendered both of them to the smartphone to the day and then we spend the rest of the day in a state of stress and overwhelm and reactivity. And then we go to bed feeling like we didn't accomplish as much we wanted to and we were not we're a run fulfilled or whatever it is. And then the problem is

We just we wake up the next morning and we grab our phone and the cycle continues over and over. And one of the things that I love about the miracle morning back when I started in 2008 into this day is it's like a daily reset where if I have a bad day, I'm not waking up to the bad day from the day before I'm waking up to my affirmations and the book I'm reading and the

meditation practice I'm doing and my journaling like I am resetting my state of mind.

to show up at my best so that way one bad day doesn't turn into two turns into three turns into man I had a bad week last week on Monday was off and then I just I couldn't get back on track. That never happens anymore because it's like yesterday was crap. was unfocused. Maybe I missed the whatever but I every day I'm getting re centered and refocused for the day.

Chris Wark (26:58.859)

I think that's important too, to, breaking out of the vicious cycle of, of depression, which can, you know, again, when something goes wrong and then you wake up the next day and you're thinking about that and you're kind of, you know, you, you don't have motivation and you're dwelling on the past and beating yourself up or you're, you know, feeling resentment toward people that have done you wrong in some way. And then, you know, you kind of get through that day or maybe you, you know, you numb the pain with food or alcohol or

Hal Elrod (27:03.705)

Totally.

Chris Wark (27:27.843)

drugs and, then here comes another day. And, you know, I've definitely been in those cycles where I was depressed and, you I just, for reasons that, you know, some are legitimate, some really just felt like a, just a sense of overwhelm, right? Just, and that sense of overwhelm can cause a pair of paralysis and sort of depression where you're, you know, you're just like, you don't want to get out of bed in the morning, right? Like I, I do end up getting out of bed, but

Like I'm just like, I got to get up now. You know, I can't lay in bed all day. guess I need to get up, you know.

Hal Elrod (27:58.384)

Yeah. Well, and I've got to get up and I've got a face.

Hal Elrod (28:05.763)

Yeah. When if all you have, if all you're waking up, if all you're getting out of bed to do is the things that are stressing you out, that's the problem. And like with my very first miracle morning, and it wasn't called that on day one, my wife named it a couple months later. the night before, I had been going to bed depressed every night for six months. That was the financial crash. I was like, I can't pay the bills. I got to wake up tomorrow and do it again. And the very first night before I even ever tried a miracle morning,

I felt kind of like a kid on Christmas Eve where I'm like, this is gonna be an what a fun way to like intro. I'm so curious how is this gonna be? And then after my very first miracle morning, every night I felt like a kid on Christmas Eve where I'm like, okay, today was a crappy day, man. It was super stressful and I lost another client. But tomorrow I'm gonna wake up and I'm gonna

do that morning routine. And that totally shifts my mindset. I feel empowered. And then I'm off, you off to the races. And I want to share a really profound story.

The Miracle Morning movie, is a, you mentioned it, feature film documentary, and anybody can watch it free on YouTube. So you can watch it at [miraclemorning.com](http://miraclemorning.com) or you can just go straight to YouTube. One of the stories in that film was a gentleman named Keith Minnick. And Keith approached me at an event that I was speaking at and he got me in tears, man. And you'll see him in the film. His son died.

when he was a baby. And I believe his son, it was either he lived to be three hours or three months, either way, it was devastating. And Keith spent a year in depression. And he read books on grief, he tried everything. And a friend of him gave him the miracle morning after a year after his son died. And he talks about in the film that he read the miracle morning and his very first miracle morning.

He decided, I don't have to be depressed anymore. I can take control of my life. I'm no longer a victim of my circumstances. I'm no longer going to dread every day because I'm living in the past and what I can't change in the present. I'm going to focus on taking control of my life. he was the, I think it was the director of business development at Turner Home Broadcasting, the company that owns CNN.

Hal Elrod (30:26.767)

And one of the things that he wanted to do was he actually didn't love his job. He wanted to be an entrepreneur. So he used the Miracle Morning to get over depression. He then used it to start his own business. And now, he and I caught up last year because I wanted to put his story in the new Miracle Morning updated edition. And I wanted some updates and how's life now. And it was cool. He said, the Miracle Morning changed my life the very first day that I did it. He said, Hal, I now just celebrated 10 years of doing the Miracle Morning almost every day.

And it was so cool because it was like reflecting back for me what I my lived experience. I'm like, miracle morning changed my life on day one. 17 years later, I still do it. You know, and it's like, so yeah, it's just it to me, it's a profound realization for all of us to go, hey, I can take control of my life. And it's exactly how you approach your cancer journey, Chris, right? Like you, you told me on the podcast the other day, you know, you were like, I'm

going to take ownership of my healing. It's up to me and God and I'm not going to leave it up to doctors that I'm just a number on a spreadsheet to them. So yeah, man, you're a living embodiment of this as well.

Chris Wark (31:33.783)

Well, so I'd love for you to talk about your cancer story and then how all this kind of weaves together, you know, your, your approach to treating your own cancer, your attitude, your mindset, your miracle morning routine, you know, let's talk about that.

Hal Elrod (31:45.328)

Yeah. Yeah. So 2000, October 2016, I woke up struggling to breathe. Now, now to give everybody a picture of my life. I had just moved from California to Texas with my wife and our two young kids about four or five months prior. So we were living in Texas new house, you know, and life was going great. Miracle Morning was like exploding in all these other countries. Number one bestseller like everything's great. Except I was a workaholic.

And I wouldn't have realized that at the time. was like unknowingly. If you would ask me, what's the most important thing to you, Hal? I would have said family, of course. If you would have said, can I see your schedule? I just want to make sure that you're aligned with what you're telling me. I would have been like, oh, well, no, no, no, I got I have a new book coming out. So I'm working now on Saturdays and I had to miss my daughter's dance recital last week because like that was my reality. And I don't know if that's why God put me through the cancer. But I do believe everything does happen for a reason. It's part of a bigger purpose.

So I woke up struggling to breathe and within a few days I was diagnosed with acute lymphoblastic leukemia. Now that cancer is very aggressive. My heart was failing, my lungs were failing and my kidneys were failing and the doctors gave me one to two weeks to live if I didn't start chemo. My organs were shutting down. I then did my own, I'm like, I'm not gonna listen, you hey doc, I appreciate your want to sell me chemo. That was my very skeptical mindset.

I go, I'm to go home and do some research. I'll get back to you tomorrow. I first looked up the survival rate of acute lymphoblastic leukemia. It is 30%. And by the way, that's if you do chemo, right? You think about that. Most people do chemo and then they die from the chemo. So I'm going, okay, the survival rate, if I listen to the doctor, it's 30%. That's not very good. What are my other options? So I seek out, I look up what are the best holistic oncologists in the United States? And I called Dr. Brzezinski.

And I can't remember the other one that I called. But both of, and I'm hopeful, I'm like, oh, this is great. Dr. Brzezinski is in Houston, which is where I was at MD Anderson getting tested. So I'm like, it's meant to be. And he's also Polish and my wife's Polish, so she thought it was meant to be. It's meant to be, he's gonna save you. And he essentially said, Hal, there's nothing any holistic oncologist or practitioner can do for you because you're very close to death right now.

Hal Elrod (34:10.229)

And he said, your oncologist was not because I said I thought it was a scare tactic that the oncologist said I had one to two weeks to live because he wanted me in chemo and the doctor said no, based on because I sent my tests over. He said, you have one to two weeks to live. Chemo is literally the only thing that you can do right now to stop the cancer. He said, then come see me and I'll help you rebuild your body. And I'm like, okay. So I prayed about it.

And it was like, what am I going to do go rogue and think that the best holistic oncologist like I know better than him. I have no idea. but I was so reluctant because I'm like, man, I'm going to be poisoning my body. And I mean, round one of chemo was 100 consecutive hours, five days, 24 hours a day, with like a four hour break to flush the to between the next chemo five different chemos. So I'm like, I'm doing 100 hours of chemo.

Chris Wark (35:04.781)

Dude, that's unbelievable. That is brutal.

Hal Elrod (35:08.303)

I mean, it's brutal. Yeah, I mean, yeah, I could I talked to other people that I get chemo is once a week for one hour. I'm going, they're gonna hit me with 100 hours on the first five days. And then I do that every three weeks for eight months. And so I was so like,

Chris Wark (35:22.441)

Every three weeks you had to do a hundred hours in a row. Man.

Hal Elrod (35:25.485)

Yep. And five different drugs. Actually, I think it was 80 hours and 180 because they they would alternate between these four specific drugs. Then round two was five drugs, then they would go this it was an A and a B cycle. And so I so here's what I decided, man. And this is how I discovered you. I went, I'm going to go okay, it sounds like I have to do chemo. And my wife and I talked about it, my mom and dad, like we all talked to the family. It's like, it sounds like there's no other option. Chemo is the only thing that's going to save my life.

But I will not give my survival up to the doctors or the chemo. I think a lot of patients and you can speak to this more than you've talked to a lot more patients than I have. But I think it's this, I hope the doctor saves me and God saves me. And it's like, but they don't take any ownership of their own healing journey. It's like, I hope the chemo works. I hope the doctor knows what he's doing. Versus for me, went, I'm 100 % responsible.

for my recovery, for my healing and beating cancer. The doctor is a member of my team. The chemo is one of the tools in my toolkit. And I decided I am going to relentlessly research and implement every holistic practice known to mankind to beat this cancer. I'm going to compliment the chemo. that's how I found [ChrisBeatCancer.com](http://ChrisBeatCancer.com).

And you were literally like I literally wrote an email about our podcast today and I was like, this is the this was my cancer mentor, you know, you didn't even really know it. But you were the number one person that I was watching videos and reading your articles and looking at your diet plan and you're the great big salad I was making my dad was making that for me, all the things and so I think that and I know you said this on our podcast. So I know you agree is that

the number one key for anyone to do anything in life, including to beat and heal from cancer is

you decide there's no other option. You are going to beat this cancer. I had Dr. Bernie Siegel. Are you familiar with Dr. Bernie Siegel? Yeah, I had him on my podcast because his book was also instrumental love medicine and miracles. Oh, you have. What he said that stuck with me is he said every patient that I... He's had over 3,000 patients.

Chris Wark (37:30.937)  
yeah.

Chris Wark (37:36.523)  
Love it. I've interviewed him. Yeah. It's such a great book.

Hal Elrod (37:44.814)  
He said, every patient that I've had that beat cancer, the number one common factor was their mindset was, I'm going to beat cancer, there's no other option. And he said he had many patients that died from cancer that should have beat it because it was a very beatable cancer. And the common denominator was, I'm not, my gosh, I knew I was going to die from cancer. My grandfather died from cancer. My mother died from cancer. I knew it was going to take me out too. he's Bernie was like,

No, no, no, you can beat this. like, no, you don't understand. I've known this was kind like, it's a self fulfilling prophecy. And so for me, was doing, I took 70 supplements a day, milk thistle, vitamin C, I you name it, right? I did IV therapy, I did ozone sauna, I did three coffee enemas a week, I did lymphatic massage, I did red light therapy, I did earthing every day, I did sun gazing every day, like and

I applied all six of the miracle morning practices to cancer. Just like in 2008, all my practices and I'll actually I'll break that down and walk people through what that looks like. But in 2008, all of my practices were focused on doubling my income and it worked. So now they're focused on beating cancer. And for anyone that's not familiar with the miracle morning, I wanna share something important. There is an acronym that my wife actually came up with.

that these practices become very memorable and easy to run through. And the acronym is SAVERS, S-A-V-E-R-S. The first S is for silence. It's starting your day with meditation and prayer. For me, I would meditate in a state of complete healing and imagine my body healed. I would pray to God for guidance on what to do for healing, for miracles. So that's silence. The A in SAVERS is for affirmations.

My affirmations formula that I teach in the book is, and I'll run you through it right now. It's very different than affirmations have been taught. I think they're taught very ineffectively and people kind of roll their eyes at them because we're taught to either affirm something that isn't true. For example, if you want to be wealthy, you're taught by some well-meaning self-help guru, just affirm, I am wealthy. I am wealthy.

Hal Elrod (40:06.947)

But if you're broke and you're struggling financially, that resonates as like I'm being inauthentic, that's not true. So affirmations have to be rooted in truth. The second problem with affirmations the way they're often taught is we're taught to use this flowery passive language that promises a magical result independent of any effort from us. A prime example is I am a money magnet. Money flows to me effortlessly.

and in abundance. And anyone that has earned money knows that's not how it works. I've never met a wealthy person there like, how'd you do it? Did you was it hard work? Was it finding out what the market needed and then filling a need? No, dude, I just was a magnet. And I just attracted all this money like that's not how it works. So the affirmation has to be rooted in truth, practical and actionable. We're gonna say something I

Chris Wark (41:01.729)

Hang on, I have I have a joke that I've told for years and years. And it's usually someone has to be around. But if I'm, you know, and I actually said it the other day, but I was walking down the street, and I was talking to my neighbor. And I looked down and there was a dime on the road and I picked it up and I was like, I attract money.

Hal Elrod (41:24.825)

That's funny, dude. Exactly, right?

Chris Wark (41:26.293)

So yeah, I always, I only use that affirmation when I like find a penny or a nickel or a dime or something on the ground.

Hal Elrod (41:33.754)

That's funny. No, I mean, that whole other topic, but I do believe that there is truth to manifestation. I believe it's co-creation with God. believe in fact, my follow up book to the Miracle Morning was the Miracle Equation. Have you read this one, by the way? I'll mail this to you. In fact, let me write a note because otherwise I'll forget. Chris work. So the Miracle Equation is actually how I beat cancer in conjunction with the Miracle Morning.

Chris Wark (41:47.766)

No, I haven't.

Hal Elrod (42:01.679)

The only reason I wrote the Miracle Equation as a book is because my Penguin Random House reached out after I had cancer and they go, my agent's like, hey, Penguin Random House wants to do a book with you. Do you have anything on your heart? I go, yes, there's this thing called the Miracle Equation. I created it when I was a cut corrupt to defy the odds and create what I call tangible miracles where it was like things no one had ever done before, including myself. I was trying to break records.

And I applied it over the years. And the day that I was diagnosed with cancer, I told my wife Ursula, said, sweetheart, I know you're scared. I mean, she's, you know, she's she was just distraught. And she's she's a much more logical person than I am in terms of she's like, 30 % survival rate. Those are not good odds. I'm going to lose my husband. Like that's where she was at. And I said, sweetheart, have I told you about this thing that I used to use in cut code called the miracle equation? And she's like,

Maybe I don't know. think so. I said, I have practiced it for at that point, I don't know, 10 years or something. I said, I believe that it will work for me to beat cancer. It's made up of two simple decisions, unwavering faith in the possibility of whatever your goal is, right? Whatever the goal is, could be a personal, professional, financial, relational, saving a marriage, beating cancer. Number one is

unwavering faith in the possibility so that all my energy, there's no fear, there's zero fear. I override fear with faith. And the second decision is extraordinary effort, meaning I will go above and beyond and do whatever it takes to achieve the goal. And I said, so here's the way that I'm looking at the survival rate, sweetheart. 30 % is a global statistic, including people that give up, people that eat terrible diets, people that don't do anything, people, right? I said, I'm not that person.

I will do everything in my power, unwavering faith and extraordinary effort. So here's the way I'm seeing it is that there's a 100 % chance that I will be among the 30 % of those that survived this. I'm like, it's not unrealistic. I'm literally saying I'm gonna do everything they did and more. So you're comparing everybody. I'm not everybody. I'm gonna do what the people that survived did. I'm gonna figure out what they did. I'm gonna do even more. And so...

Hal Elrod (44:19.023)

forgot what was out before but but essentially that was it is I did the miracle morning so I was going back on anything to say to that and then I'll finish the practices.

Chris Wark (44:26.595)

Yeah, you what? No, that's, that's amazing. Cause yeah, you had this determination and I talk about this a lot. It's like, it doesn't matter what the odds are, right? Cause there are different types of cancer, different stages, different odds of survival. You know, those statistics are thrown at patients all the time. And so what I always encourage my, my audience to do is like, decide to be in that group. Right? Like you decided like, I'm going to be in the 30 % group. Right.

Hal Elrod (44:49.453)

Yeah, that's it.

Chris Wark (44:54.723)

That's where I'm going to be. So I'm going to do everything in my power to be in that group. I'm

not going to dwell on the fact that 70 % of patients don't make it. I'm going to be in the 30%. Right. It's like that decision right away is so powerful.

Hal Elrod (45:04.003)

Nope. That's it.

Hal Elrod (45:09.615)

I love the way you say it so much more succinctly than me. I'm going to borrow that. Simply be in that group. I mean, that's it, right? Like I'm going to be in the group that I choose to be in. So back to the savers practices. So silence affirmations. I'm going to share real quick. I shared why affirmations don't work. I want to give your audience something that they can apply today. And it's the three step affirmation formula that I teach in the Miracle Morning Book. Step one, affirm what you're committed to.

In life, we don't get what we want just because I want it. If we did, everyone would be a millionaire and everybody would be what I know. So my affirmation step one, affirming what I'm committed to it read, am committed to beating cancer and living a long, happy, healthy life alongside Ursula and the kids. No matter what, there is no other option. And whatever I would be overwhelmed with fear, which happened

Often I would be, you know, you don't know you weren't on chemo, but when you're on chemo and you're sick and you feel like you're gonna die, your mind gets real negative and somebody can relate to being sick, right? Like when you have the flu.

Chris Wark (46:16.717)

Yeah, when you're suffering and well, I know that feeling just because I know how it feels to suffer physically and how discouraging that is.

Hal Elrod (46:21.487)

That's it. When you have the flu, right? You can't help but think all the negative. So there were those times I was really afraid and I had my affirmations were on my phone and they were printed on my bedside table. And whenever I felt fear, I go, this is not serving me. And I'd pull the affirmations and go, I am committed to beating cancer and living a long healthy life along Ursula and the kids no matter what, there's no other option. Step two in the affirmations formula is affirm why it is a must for you. It's not enough to say you're committed without reminding yourself why.

Why are you committed? What's on the other side of you following through with the commitment? And I had five reasons that kept me going every day when I wanted to give up. Number one, I am committed to beating cancer for Ursula because I promised her forever and a day. That's part of our wedding vows. Number two, I'm committed to beating cancer for Sophia and Halston, my seven-year-old daughter and four-year-old son, because they need their daddy's love, guidance, and leadership. And I'm going to walk my daughter down the aisle and

go to my son's graduation and watch them grow up.

Number three, for my mom and dad because they already lost a child and they don't deserve to lose another one. My sister died, as you had mentioned. Number four, I'm committed to beating cancer for myself because damn it, I deserve to live a long, happy, healthy life as much as any other person on the planet. I'm worthy of that. And number five, I am committed to beating cancer for the millions of people who are themselves battling cancer or some other disease and may not have the knowledge or resources that I've been blessed with.

because I discovered ChrisBeatCancer.com. so it's my responsibility to overcome this and then share my message with other people. And those five reasons when I was like, I don't have it in me to keep going, I just want to give up, I would read that and go, no, I'm doing it for my wife, I'm doing it for my kids. I'm like, that was the drive that I needed. And the third step was affirming which actions I would take, and when specifically I would take them.

and you look at those three steps for your affirmations, what are you committed to? Apply this to your marriage, apply it to your health, apply it to your finances, apply it to any area of your life, any goal you have. What are you committed to? Why is it a must for you? And which actions will you take and when? And that third part, that list built as I was learning from you and reading books and researching what are all the things that I can do naturally, the God given...

Hal Elrod (48:46.137)

fruits and vegetables and supplements and sun and ground and the advanced technology, red light therapy, all these things. And so that affirmation, that kept me focused on what I needed to do to move forward. And then I visualized myself healed. The E is exercise. There's pictures of me in the movie, the documentary Miracle Morning. You see me in the hospital, like exercising on a bike, right? I exercising even when I was sick.

R is for reading. I was reading a book on like radical remission and the anti-cancer lifestyle. I was always reading a book on how to beat cancer and then describing. Every day I was journaling what I was grateful for and getting in a state of complete gratitude and self-love. And those six practices, any one of the savers, if you do it every day, it'll change your life in a positive way. When you do all six practices, I truly believe it's

should be called the miracle morning, because it does create miracles in your life, because you're harnessing six of the most proven practices that for thousands of years people have used to transform their mindset, their body, their health, their life, their relationships, and so on.

Chris Wark (49:59.989)

Did I miss the V? What's the V?

Hal Elrod (50:02.159)

I went over it fast. It's visualization. And the way that I use it in a very short, whatever I just

affirmed, I now visualize myself doing the thing that I said I was going to do. So for example, a year after I started the Miracle Morning, I committed to run a 52 mile ultra marathon, because I hated running. Like, interestingly enough, it wasn't like, want to run. It's like, I hate running. So what's the mental growth I would have to do and physical?

Chris Wark (50:04.437)

Okay, yes, yes, yes.

Hal Elrod (50:31.183)

to run an ultra marathon. And it was just because two of my buddies did it. So like the seed was planted, like, man, I got it. They did it, I should do it. And every day I would affirm I'm committed to running 52 consecutive miles on October 28, 2009, no matter what, there's no other option. Number two, I'm doing this to overcome my limiting belief that I'm not a runner, so that I can overcome every limitation that ever comes my way in the future. And then number three, in order to do this, I will read

the non-runners marathon trainer, which was the book I had bought, and I'll follow the training plan whether I feel like it or not. And then I would visualize myself getting up, getting dressed, going out the front door of my house, seeing the sidewalk, and getting myself excited to go for that run so that when the alarm on my phone went off and it was time to run, instead of doing what human nature we all do, which is like, nobody's.

looking they don't know that I'm not gonna run today. I'll just do it tomorrow. And then tomorrow turns into the next day and turned into, man, I didn't achieve my goal again. But because the visualization that was the mental rehearsal, where I saw myself running. And then when it's time to run, I had already rehearsed it. So I was actually compelled to go do it.

Chris Wark (51:43.339)

I love every, every aspect of the savers, miracle morning strategy. love the affirmations too, because you, you, you get so specific and so granular. Right. With affirming what you're committed to do. Like that is huge. Right. And then why those commitments are important. and, then what specifically you're going to do. Right. So you're not just.

again saying I'm good enough, I'm smart enough and dog gone to people like me like Stuart Somali. You know, you're, you're, yeah, you're affirming your, your commitments, man. That's just great. I know people watching this are, and listening are probably getting really excited because this is gold. I mean, it really is. It, you know, it takes this sort of these nebulous ideas about, know, I want to be successful and what should I, you know, I,

Hal Elrod (52:16.559)

That's right.

Chris Wark (52:40.643)

How do I put it all together? And I just like how you just beautifully and simply like organized your thoughts and your intentions and then your attention. Right. I think that's a big point is like in the morning, it's like you set your intention. Like, what do I intend to do today? Right. What do want to accomplish today? And then I need to focus my attention on those things, like on getting those things done. And, yeah, man.

That's, that's amazing. Okay. So, you know, obviously you have this tool, these tools are, you know, ready for you and you, you put them into practice, which is awesome because, know, it's a little different with cancer. mean, cancer can be so discouraging and so depressing and people, patients can find themselves really stuck, you know, really paralyzed by fear and discouragement and depression. And,

You know, I think, I mean, it's really amazing that you in your state, which was way worse off than my state, that you were still able to muster up enough energy and, motivation to, you know, do these things while you were, you know, struggling physically so bad.

Hal Elrod (54:01.997)

Yeah, yeah, and full transparency. It was I do the miracle morning six to seven days a week. I have for the last 18 years. During that period, I was doing it probably three or four days a week, right? So it wasn't perfect. I mean, there were some days where I was so sick, so exhausted, slept for so long, right, that that they just or just just could not motivation, you know, so

Chris Wark (54:15.469)

Sure.

Chris Wark (54:22.815)

Yeah. Yeah. Well, I think that it's it's that's good for people to hear that.

Hal Elrod (54:29.527)

When I love the love the quote, the philosophy, something is better than nothing. You know, in the book in the miracle morning, the updated edition, I have a chapter called the six minute miracle morning. And it's for those days when you you know, you're like, I don't have time or I don't really but but something's better than nothing. So one minute of silence can get you centered for the day, pulling out your your know, page of affirmations and maybe just reading the first few

Chris Wark (54:34.008)

Yeah.

Hal Elrod (54:58.499)

can really reinforce the commitment. Visualizing yourself for 60 seconds, moving your body for 60 seconds, reading one page out of a book, journaling one thing you're grateful for. Literally, you think about it, if you just did those six minutes every day, that's infinitely better than, I just

get up and grab my phone and react all day long.

Chris Wark (55:19.073)

Yeah, that's a powerful six minutes. Absolutely. And you know, for me, I, know, so I will stack some of my best practices. I'll stack them. Right. So I'll, you know, I get up, I'll go for a walk. So I'm getting fresh air and sunshine. I'm actually walking the dog as well. So I'm accomplishing that task, taking care of my dog while I'm walking. may be, you know,

Hal Elrod (55:20.835)

Yeah.

Hal Elrod (55:36.847)

Nice.

Chris Wark (55:45.123)

I'll spend some time talking to the Lord, right? I'll spend some time in prayer, praying for, you know, practicing gratitude, thanking God for the good things in my life, praying for the people in my life that are on my heart that need prayer. And then sometimes I'll end up worshiping, you know, just singing a worship song to myself as I'm walking and or quoting, like affirming scripture, like quoting scripture.

Hal Elrod (55:47.811)

Yeah.

Chris Wark (56:13.699)

over my life, speaking the word of God over my life as I'm walking. Right. And so I'm getting that exercise. think I don't know if I said exercise or not. So I'm doing a lot of these things all in the 20 minute walk. The only thing

Hal Elrod (56:20.77)

Yeah.

Hal Elrod (56:25.208)

Totally. And you can throw an audio book in your ears if you wanted to as well. Yeah.

Chris Wark (56:29.187)

Yeah, absolutely. And even deep breathing. I'll, there'll be, you know, a certain section or a few minutes where I'll just think about, I'm just meditatively just breathing and just like we're taking deep breaths, maybe 10 deep breaths. So it's like, you know, these can be done sectionally or they can, you know, kind of be done, like I said, in sort of a stack where you're maximizing your time. If time is short,

And then also sometimes I'll like, I'll wear a weight vest. So I'm getting a little more exercise out

of the walk than like a 20 pounder. also have 40 pound weight vest. So depending on the day. So anyway, like those are just some practical ways that like, you know, folks, you could really can, can get a lot of benefits in a short amount of time. If you're just intentional about it, if you just said, okay, I'm going to exercise, fresh air, sunshine, walk the dog, spend a little time praying, spend a little time affirming, you know, like

Setting my intentions like following your your saver strategy or your your five step affirmation strategy and Yeah, I love that

Hal Elrod (57:36.336)

Yeah. Yeah. And you know, one thing I thought about is the Miracle Morning app is a way to that people can, you know, they can download the app and then you can hit play. And one of the guides in the app guides you through a miracle morning to come down your walk and they will guide you through a guided meditation and then they'll have you repeat certain affirmations and you can choose based on whatever your area of your life is like, okay, I really want to improve my health. And so now you're listening to a guy that's taking you through a health

focused, miracle morning savers practice, and you're not having to even think about it. It's like somebody's there with you going, okay, now we're gonna do affirmations. Here we go, right? Now we're gonna visualize, right? Picture this. Now I'm gonna read you I'm gonna read you from a chapter of this book on health or whatever. So yeah, so there's lots of ways to like make it easy.

for people so that it doesn't have to be overwhelming, whether it's a six minute miracle morning, whether it's stacking the practices like you talked about, whether it's listening to an app, miracle morning app, there's lots of ways to make it easy. But here's what you find is most folks that do the miracle morning, and this was me, it's so beneficial that I wanted more of it. My miracle morning grew from 30 minutes to 60 minutes to 90 minutes to eventually two hours.

And now I kind of break it up where I'll wake up at like, I don't use an alarm. So whenever I wake up naturally, usually around 5am, and I'll do I'll break my miracle morning sometimes in half where it's like I have a personal one and a professional one. And so and again, I don't want this to overwhelm anybody. Like this is years of evolving my practice. But it's like my first miracle morning will be about my spirituality connecting to God, my own personal growth and development, my family.

my, you know, those, those personal roles. And then I'll transition into a professional miracle morning, where now I'm applying the savers to my business and growing my income and impacting more people and growing my reach and gaining clarity on what's next for me, right. And then I transition into my actual workday where it's like I've gotten so much clarity on the personal and the professional. So the miracle morning is very

Hal Elrod (59:47.023)

It's modular, it's scalable. You don't have to do all the savers. You can do whichever ones you need for the day. So very customizable.

Chris Wark (59:56.012)

Man, I love that. I really love that because one thing I struggle with is, and I'm sure it's not just me, but just this, the best way I can explain it is what should I be thinking about right now? You know, right? Like what should I be thinking about? What should I be working on right now? You know, and, having a sort of, you know, this,

Hal Elrod (01:00:12.887)

Yeah, yeah, no, I get it, dude. So many competing priorities, man.

Chris Wark (01:00:24.999)

what's the I'm a Gemini, right? So I'm like, nice. So yeah, I'm like a split personality. Hmm. June 21.

Hal Elrod (01:00:27.459)

Me too. There we go. Yeah. May 30. When's your birthday? When's your birthday? Okay, I'm the end of May. Yeah.

Chris Wark (01:00:37.515)

So, anyway, yeah. So, so I'm sort of a split personality, right? It kind of guy and, and yeah, I'm always bouncing back and forth between, you know, different interests and priorities and have a short attention span, right? All this kind of stuff. So I love the fact, and I really do want to try to incorporate this is having the personal time, which, you know, most of my morning

Hal Elrod (01:00:43.983)

Sure.

Chris Wark (01:01:05.483)

routine is, is, it's really personal, right? would say it's personal. It's not professional. It's, it's all personal related stuff. but I, I would love to also, you know, transition. Okay. I've got the personal stuff out of the way. Great. Now let me apply that same, the same structure to the beginning of my work day. yeah, I love that.

Hal Elrod (01:01:07.759)

Personal, yeah. Yeah.

Hal Elrod (01:01:13.636)

Yeah.

Hal Elrod (01:01:28.303)

Yeah. Yeah. Like I said, it's whatever someone's goal is, you know, that the savers are just

practices that help you develop yourself in the area that you are focusing on and whatever that is spiritual. like December. This last December, I did 30 minutes with God a day times 30 days. And normally my prayer and meditation is like it was almost like checking a box like five minutes, maybe 10. And

Chris Wark (01:01:39.319)

Yeah.

Hal Elrod (01:01:56.93)

And I just, I was like, I want to go deeper. I want to spend more time. I don't want to rush. so, so, so my savers during December was focused on, you know, was, was spirituality was the primary focus that month. Yeah.

Chris Wark (01:02:10.381)

That's great. Yeah. I, my, my work thoughts invade my personal thought, you know? And so, yeah, having that separation where I can even just tell myself like, I'm going to think about work in a little while, right? Like, I don't need to think about that. Now I'll think about that, you know, next,

Hal Elrod (01:02:17.487)

Sure, totally, Yeah.

Hal Elrod (01:02:27.704)

Yeah.

Hal Elrod (01:02:33.271)

Yeah. And that's the nice thing about having written affirmations, right? Is it like you've already decided what you need to focus on, and it's captured there in that format. So and I've got like affirmations for each each thing, right? So it's like, okay, as a husband, I am committed to blank. It's important because of blank. In order to follow through with that commitment, I will do these things that these days and times. As a dad, I am committed to blank, right? And you just go down the line.

Chris Wark (01:02:36.547)

Mm-hmm.

Chris Wark (01:02:52.577)

Mm-hmm.

Hal Elrod (01:03:00.383)

as in my business, in my health, in my fitness, duh, duh, duh, duh, duh. And so it takes out the guesswork. It actually helps with that because my brain works the same way, which if it's empty, it's bombarded with competing priorities and thoughts. And so the affirmations, like I often say

that A in savers is for affirmations, but it's also for anchor. Meaning to me, the affirmations are the anchor of the miracle morning because

From that flows everything else. It's like, that's reminding me, here's what you're committed to and why. So now how do you make sure you're reading a book that's supporting the things you're affirming? How do you visualize yourself doing the things today that are in align with what you're affirming? How are you journaling the priorities in your life today to make sure they're in alignment with what you're affirming? So like the A really is the anchor and then everything else kind of comes off of that. What type of meditation should you do?

I'm affirming, I've got a big speech today, I need to have confidence. So now I'm going do a guided meditation, you know, on confidence, that's going to repeat all these phrases and perspectives that make me feel confident, right? So yeah, so all of it kind of works together synergistically.

Chris Wark (01:04:17.141)

I love that it's that you've created this, you know, sort of fill in the blank templates, you know, for the affirmations and the intentions and like reminding yourself, what are my goals? What's important to me? What am I focused on? What should I be focused on? and I, yeah, I need that just as much as anybody because my focus, I'm easily distracted and I'm all over the place and I have lots of ideas and, and goals and ambitions and projects and that I'm juggling.

Hal Elrod (01:04:23.055)

Sure.

Hal Elrod (01:04:41.067)

You

Chris Wark (01:04:46.281)

And, yeah. So I'm excited. You've really renewed my, my enthusiasm for, for the miracle morning type practices and really being, you know, super specific about, you know, my intentions and affirming those every day. think that that's going to help me a lot. Yeah.

Hal Elrod (01:05:06.933)

Awesome, brother. Well, I'm grateful for that, man. And thank you. such an honor to connect with you. And we're very like minded. We both sold out co we both beat cancer. We're both Geminis. We both host podcasts. We both write books. There's definitely a lot of alignment here, Chris. And I'm just grateful that we're Yeah, we both speak. know, yeah. I love it, dude. Our hair is kind of similar.

Chris Wark (01:05:17.238)

Yes!

Chris Wark (01:05:23.863)

We both speak. We both have big fuzzy microphones. Yeah, that's right. That's right. Well, how

Hal Elrod (01:05:35.151)

We both are clean shaven, right? I yeah, we can keep going. We're both married with kids. I mean, on and on and on,

Chris Wark (01:05:38.753)

Yeah, we both shave our faces. Two kids. That's right. Two kids. Well, how man you are, you are awesome. You really are just a phenomenal, phenomenal human and an inspiration to, me, to so many people. It's a thrill for me to know that my story had an impact in your life during your cancer journey, during that season that that's,

Yeah, that just, man, it just makes my day to know that, you know, and, uh, for anyone, mean, anytime I hear that kind of feedback, it's a thrill. Uh, but, but yeah, it's just, it's just so cool. And I'm so proud of you, dude, because man, you know, my odds of survival were 50, 60%, you know, yours were 30. I mean, that's, and you endured some brutal treatments and, survived and thrived and now how many years has it been?

Hal Elrod (01:06:35.983)

nine years since I was diagnosed. It'll be actually 10 year anniversary is coming up in October. Yeah.

Chris Wark (01:06:40.643)

Happy cancer anniversary 10 years is a huge milestone. Man. I love that. I'm so glad you're around to be a husband to your wife and a dad to your kids and to continue to inspire people. know my audience is going to, a lot of them are going to order your book today. You know, and I want to encourage you to, I'm going to, need to reread it because I read it years ago.

Hal Elrod (01:06:44.963)

Dude.

Hal Elrod (01:07:02.255)

I'm going to send you the Miracle Equation, but I'm going to also send you because you probably don't have the Miracle Morning updated and expanded edition. You have the first one. yeah, Chris, make sure you text me. need your address, but I'll put these in the mail to you today.

Chris Wark (01:07:07.063)

Thank you.

Chris Wark (01:07:11.916)

Yeah.

Awesome.

It was worth doing the podcast just for a couple of free books. Save me like 30 bucks. Appreciate it. Well, again, thank you, Hal. Man, you're awesome. Let's make sure people know where to find you a website, social media, that kind of stuff.

Hal Elrod (01:07:19.311)

There you go, I love it.

Hal Elrod (01:07:32.386)

Yeah.

Yeah, miraclemorning.com is the hub for everything. That's the best place to find me. So that'll link to the books, it'll link to the app, it'll link to the movie, which you can watch for free. It'll link to my speaking, like you name it, my podcast, everything is at that hub, miraclemorning.com.

Chris Wark (01:07:52.439)

Perfect. Okay. Well, how man have a great day again. Thanks for taking the time to do this. Thank you for interviewing me. I really appreciate, you know, being, you know, being introduced to your audience and getting to share my story on your podcast. And thanks for watching everybody. Please share this. You know, this was a great interview. If you've made it all the way to the end, you know, this was a good one. And, so share this with people you care about. I love that Hal's message is a lot bigger than cancer, you know? so this really applies to every person, right? It's.

if you want to, to really improve your, the results, right. That you get from your effort in life, whether it's your relationships or your health or professionally, right. Or just goals and ambitions and dreams you have. Like how is, is really distilled these, like the simple practice down to like setting your day, right. Getting your intentions.

you know, set and, and affirming them, man, it's just so great. So anyway, I'm excited to get this out. everybody thanks for tuning in. Have a great day. see you on the next one.

Hal Elrod (01:09:02.329)

Thanks, y'all.