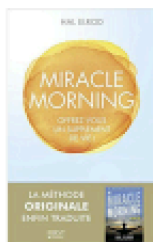
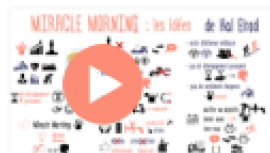


MIRACLE MORNING : les activités de Hal Elrod



 30 - 60 minutes
6 minutes!



5' écriture

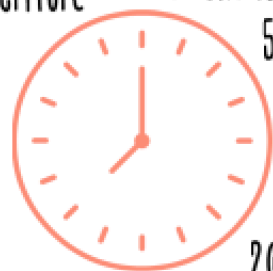
5' silence

5' affirmations

5' visualisation

20' exercice

20' lecture



1. le silence



5 min

3. la visualisation



5. la lecture



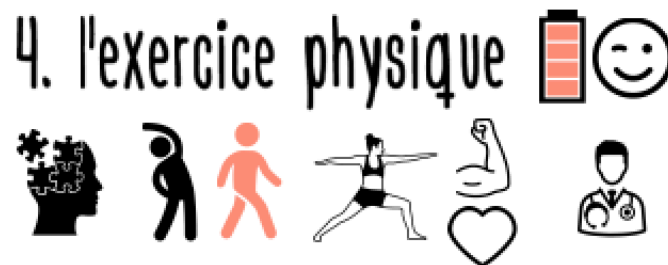
10 pages

2. les affirmations



croyance
conviction

4. l'exercice physique



6. l'écriture



gratitude
accomplissements
progrès et actions