

# Natalie Janji

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## SUMMARY KEYWORDS

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Hello, everyone, my name is Natalie Janji. I am very happy to be a virtual speaker of sorts for the grad career festival. And thank you for having me. Thanks for watching this. You know, we're here to help you all find a job as you enter the job market in this period of time, because of COVID. And it might be difficult, but I am here today to share some mindset tools to help you move forward in this mission to find jobs after graduating. So let me pull up my presentation. Okay, everyone should be able to see this. Okay, so the title of this presentation is a Miracle Morning for college students, the not so obvious secrets to success in college and life. So, who am I right? My name is Natalie. I am born and raised in Los Angeles. I have a bachelor's in chemistry from Loyola Marymount University. I am the author of The Miracle Morning for college students. And I'm currently a Master's candidate for mental health counseling at Loyola Marymount University. So here's what my undergrad pretty much looked like at LMU. I was a chemistry student, but I also did a lot of work in Student Services. And that included you know, being an orientation leader and helping first year students transition from that high school to first year life, which can be a difficult transition, I did a lot of volunteering work, you can see that in the middle here. This was specifically this group called fresh squad, which there are two pictures here in the center. Griffin circle here on the right is also a service organization that I was a part of. So you know, service is really important to me, helping people was always important to me. And I actually found that I learned a lot about myself through all the things I was involved with outside of chemistry. But you know, I had to put that little chemistry picture on the bottom right corner, because it's like I did do that work, even though that's not the path that I have moved forward with past graduation. So yeah, I was also a Resident Advisor, you know, I really kept busy, I worked in Student Services, pretty much all of college and it's made me the person that I am today. And it's put me on the path that I'm

on right now. Now, during this time, I was really struggling because I was pursuing a degree in medicine, actually, and found that it wasn't really fitting in, I was really struggling with classes in school, you know, behind the smiling faces, I was really struggling. And during college, I actually happened to trip upon this book. It's called The Miracle Morning. And it's by Hal Elrod. So this book came out in 2012. So it was the year I started college. And it really changed my life. However, being the critical reader that I am, I always had a pencil in my hand, always writing notes in the corners, trying to make a note for myself that, you know, should I return back to the book that I would remember. So here are some notes that I wrote, while I was, you know, reading this book. This specific section doesn't apply to a college student, you know, and so, I thought to myself, what can I do about that? How can I help this message of having morning routines more widespread for students for people, you know, whether they're traditional students or non traditional students attending college? So I had this image in my head, I was like, Alright, I, I'm going to help write a book. That's in the Miracle Morning book series, that would be for college students. And, you know, it was a big dream of mine. And it's some it's an idea that I pursued my senior year of college. So right, literally, it was three months before graduating, I'd done the Miracle Morning for up to a year and a half. At that point, it really changed my life. And I really wanted to do this the Am I part of service and I really wanted to put something out there. So you know, I always pictured Helen, I would just write a book together. And so now we have three books together, actually. Which is really amazing. So a year after graduating 2016



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we completed in our first book together, which was the Miracle Morning for college students. A couple months later, we released the companion planner to that book to help people implement the Miracle Morning Routine to their lives. And after that, that set that planner was adjusted so that it can be a planner that could work for everyone who, who uses the Miracle Morning Routine in their lives. And so I am going to dive in and tell you how you can use the Miracle Morning to get that job you want out of college, okay, it's really all about mindset and you know, sharpening yourself to be the person that gets the job. So the main message that comes out of the Miracle Morning, are these six things. So they're called the life savers and savers is an acronym, which you know, as you can see right here, so, S is for silence.



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A is for



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affirmations, v is for visualization, E is exercise, R is reading and S is scribing. So, what are these lifesavers? What can they do for me? So, let's dive into that one by one. Okay. So, silence. Silence, as you can see, it can be in the form of meditation, prayer, reflection, deep breathing or gratitude. I know that when life gets really hectic, I need quiet time. And what happens when you meditate or you practice silence in the morning, is you really set the tone for the day, you allow yourself to be quiet, and really train your mind to be calm. And it helps you strengthen your ability to remain present. Because so much of our brain power goes from, you know, thinking about the past and worrying about the future. Oh, really, our power is in the present moment. And that's what practicing silence enables us to do, it helps us, you know, use all our energy up in this present moment that we have. It also helps you being clarity, because what I have found is that, whenever I'm confused about something, it's really not that I'm confused. It's just I haven't given myself the time to be quiet or allow myself to accept what it is I actually want. And we have to give ourselves the space to be quiet in order to understand what we want. And so silence is just a very important tool. And I highly recommend you implement this in your morning routine. And like I said, this could be done through meditation, it could be prayer, it could just be a reflection, you can just practice deep breathing. Something that I like to do during work is, you know, I think of it like I inhale for 10 seconds, I hold my breath for 10 seconds, I exhale for 10 seconds, and I hold for 10 seconds. So just those 40 seconds in general really helped me, you know, calm down and reduce my stress. There's a lot of apps that you can use for this. One of my personal favorites is insight timer. There are just so many different ways you can there. It's very customizable, it can be customized on time, you can do guided or non guided meditations. Now there are courses on there. It's just really beneficial, I would look into it. There's also calm and headspace, both of which I've used that I highly recommend. Okay, so let's move on from silence to affirmations. What are affirmations? Essentially, affirmations? Are us planting seeds that we will collect later on? And what are those seeds, it's thoughts that are going to empower us. So when we are reciting affirmations are being very intentional with what we're thinking and what we want to focus on. So, you know, many of us worry about the future. But worrying about the future doesn't help us.



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But what could



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help us is, you know, saying affirmations that can help us you know, achieve our goals instead. Worry is just a negative prayer, right? And we want to, we want to emanate what we want to become. So, in essence, affirmations can also be you being your own cheerleader, because if we're not our own cheerleaders, and who's going to be you know, we can't always rely on other people to lift us up, we have to be able to love ourselves enough to be like, I am worthy and deserving of this new position of this book, you know, I want to get or have this life I want to create. And so it always starts with the thoughts you have in your head and the plot the thoughts specifically that you plant in your head. So basically, you're programming your mind with thoughts of sufficiency, like I am enough, I have everything that I need. And there's nothing missing, I have everything, nothing more, nothing less. That's what sufficiency means. And so affirmations can be done in different ways. I like to these way specifically, so you can do them in Im statements, right? Like, I am worthy and deserving of getting this amazing job. I am perfect whole and complete. I love my life. And I'm grateful you can even see it in gratitudes. Right? Like, I am grateful for all that I have and all that is coming. I love I am statements, I think another great way to do affirmations are in the form of commitments. And that's a form that's heavily weighed in this book. Because sometimes we affirm ourselves, and almost ways that trick us into thinking that we have we won't, but we still got to work for it, right? So it's better to just write it as a commitment, right? Like, I am committed to get a job in my field of expertise in the next six months, so that I can improve my financial well being and support the causes that matter to me. That's just one example. But you know, basic, the basic format is I am committed to blank, right? What do you want to achieve? When do you want to achieve it right? In the next year, next two years, next week, in the next couple of days? And why? What's this important? Why behind why they what you want to achieve. So if you want to get a job in order to improve your financial health, then that's one reason. contribution is a very big reason that I do what anything that I do. And so that's why I ended that that would be something I would write for myself. Because I want to support the cause that matters to me, whether it be with time or financially. So those are affirmations. Next, so we have visualizations. I love visualization, I think it's an extremely powerful tool. And one way you can think of visualizations is you know, think of yourself as the director of your own life, or you know, you're sitting on a chair, and you're watching a show about your life. How do you want it to go? Where do you see yourself, you know, what are the kinds of people and the people you want to meet the places you want to go. And when you put yourself in the director's chair, that's what you get to do. That's essentially visualization, you're crafting the story of what you want to see for yourself, whether it be in one year or two years. You know, personally, during this pandemic period, I've had trouble doing any kind of long term visualization because everything just seems so up in the air in the moment. And so it's okay, if you have struggle, visualizing, I think it's important to just keep some intentions in your heart. And essentially, that's what visualization is. So some benefits of this is it really helps you focus on your goals and your

dreams, there's always going to be a lot of things that are going to distract you. You know, our phone is a major distractor but not just like physical things, like there's always a lot of data and input that can distract us from our goals and where we want to be. But visualization when you get when you return to that story. It helps you filter everything else out like okay, what do I need to do today in order to make this show about myself in reality, and this is



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essentially called a mental rehearsal. So some people like to use, you know, vision boards, and essentially vision boards are you know, cutting out images either from magazines or you can print some out from like a computer you might have and you know, you put those pictures in it helps you kind of focus in on these images that you want from you want to see come to life, from your mind, you know, to reality. So that's also called mental play. And, you know, some apps that I haven't used but I've been recommended are Pinterest, right and envision So feel free to look into those for visualization. And, you know, even the App Insight timer has like guided meditation practices that you could accompany to use for your visualizations as well. So just think about that, you know, moving forward. So next, we have exercise. So exercise, you know, essentially move your body, when you move your body early in the morning, you're kind of getting rid of all that steel energy, you know, from when you're sleeping, and you get to really empower yourself to show up as your best self, to everything that you're, whether it's like tending to family, or to your friends to, you know, the work you want to do, or your pursuit of looking for a job. exercise helps you really set your mindset up. So it really helps you maintain mental and emotional health, it helps you think more clearly and improve your problem solving. For me,



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it helps me



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you know, decreasing my anxiety, and it makes me feel really strong in my own body. And I'm very grateful to be able to exercise it's really a privilege, I'm very grateful for that. Now, there are so many modes, exercise, you can run, you can do yoga, you can dance, anything that gets you to move, jump rope, right eye movement has been so important during this quarantine period. Now, there are a lot of workout apps, I don't even need to listen here. But there are three here just for you to get started. So you have the seven minute workout, which is awesome, you have active and then you have the Nike training

workout, which I've heard great things about. So whatever gets you moving, I mean, YouTube is also a really great resource for that. So definitely check out YouTube exercise videos. And at the end of the day exercise, because you want to give your body everything it needs to serve you, you know, you you only get this one body, so make sure you treat it well. Now reading, reading is awesome. If it's not evident by the bookcase I have behind me, I love reading. I think, for me, when I read books written by experts, let's say they're about 150 to 200 pages. If I commit to reading 10 pages a day, for a 200 page book, I'd be done in 20 days reading, like reading work that someone put decades of time into compiling from their experience, their life, their research, 20 days right to consume a an entire life's full of knowledge. Can you imagine how quickly you'll learn and adapt to future challenges because of the knowledge that you know. So I really love reading something that I recommend reading nonfiction in the morning and reading fiction at night, because fiction at night really helps



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put you to sleep,



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you know, it takes you out of like the doing that you're doing throughout the day. So What's also great about reading is that you get to read whatever you want. It's not something you recommended by a professor or you're not forced to read anything. It's you get to read what you want, where you're interested in what you want to learn about. And self education is one of the most important tools you'll have for yourself after you graduate. because no one's going to tell you to do anything. You just have to advocate for yourself. And one of the ways you're going to do that is by reading. And reading doesn't help you just learn things outside of yourself. But it helps you learn more about yourself too. And the greater self awareness that you have the you know, really the more successful you'll be in your future. Now, there's so many different modes of reading. I mean, you got Audible, you got Kindle, you got paperback. I love paperbacks. I like you know listening to audiobooks if I'm going out for a walk. Now, while podcasts aren't like a traditional book, I think podcasts are a really great method for learning. So just be sure to look out for that and really consider doing some reading in your morning routine. Lastly, we have scribing. So scribing is essentially journaling. And there's so many ways to journal so you can, you know, use penzo you can use the Five Minute Journal. I love free writing, sometimes I just need to dump things out of my head. And when you put your thoughts on paper, there's just an instant relief. That's it's priceless. I highly recommend you do that. I also like to you know, write things that I'm grateful for. And sometimes when I'm really not

in the mood to write Like, you know, with a pen and paper, I can either type out my journal, or sometimes even do video journaling, I just speak into a video. And it really helps me clarify my own thoughts. So What's also great about scribing is that you get to track your progress. So what's really cool is that you get to learn over time, how you grown in what areas you've grown. And, you know, I just really, really recommend that you implement for your morning routine. So there are so many different ways to implement a morning routine. On your left here, you see that, you know, it's in the order of SAE RS with different times a total time of 35 minutes. And the second middle scenario, you have varying times, and it's, you know, implemented in a different order you have exercise first in our last, and then you look to the right, and everything is just one minute. So what can we conclude from this, I think what we can conclude is that morning routines are flexible to you to your life. It's not about waking up at five in the morning, necessarily, and going hard for two hours, that's not the case, you know, everyone lives such a different life, I think a morning routine is when you wake up. And if you choose to wake up an hour earlier to get it done, go for it. I like spending time in the morning, intentional time for myself. But you can also do it for six minutes, you can do it in any order that works for you. And with time, you will find that your needs are going to change. So you're gonna switch things around so that it can work for you. So, you know, really appreciate the flexibility that can come with having a morning routine. So how do you implement a morning routine in your life. And my response to that are these two planners that we've created? There, there is no planner out there that helps you implement a morning routine, or even specifically, this Miracle Morning Routine. So let me show you, right like if you're going to be a student, right, if you're considering a master's program, you can you know, fill out these things to your left, right class times office hours when you're going to eat, when you're going to do homework, when you're going to hang out with friends over the summer, you know, you can kind of look into everything else that you want to do and other miscellaneous things too. Anything you've put in a regular planner, right, it can go in this planner. So let me show you some examples. So here's like a monthly look. Our planner is blank. So you get to fill it in and brighten it up. And you know use any tag or you know, stationery that you want to make this your own. Here you have this month school to your top left, you can write the month of May you write in the dates you write in these important project deadlines.



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And you know, just really fill it up with all the things that are important to you in your life. Next, here's like a weekly look. So you know, on the top, you know the top layer right here you see SAE Rs, VRS, so you get to write what you did every day. And you can check it off to see that you did it specifically at night. If you look at the bottom dark gray, what you see is it's important for you set up your morning routine the night before. So are you ready

for tomorrow? Did you set your alarm? Did you? You know Do you have your clothes? Your bag, your lunch ready to go? Do you have your glass of water? Are your sabers prep? Like do you have your journal? Do you have the book you want to read? Do you know exactly where you're going to do in the morning? And lastly, are you doing your bedtime affirmations to affirm the work you're going to do in the morning? So I also like you know, right underneath these top Savers, you have like what are you? What are you grateful for? What's your intention for the day? So then you have on the left hand corner, you know, your priority list? What's your highest priority for the week? What's your definite priority? What's your lowest priority, and then you get to fill out, you know, your week and what it's going to look like. Our planner starts from five in the morning and ends at 11pm. So you know, feel free to fill it in with everything that you need to throughout the day. So the college student planner has these weekly reflections. I think it's very important. And this is a form of scribing you know, to really reflect on what your week was like so every week you get these questions. What was your greatest Akash accomplishment? What are you grateful for? What activity from this last week took away from your focus and time? What's one thing you can do to be better prepared for the following week? And what are you looking for? During this upcoming week, and sometimes you just need a space to brainstorm. So we put that in there. And I think as a student, as a graduating student, it's important to, you know, keep your financials in check, right? Did you stay on budget Did you buy, what you needed over what you wanted, and so on. So those questions are very important. And we also have monthly reflections. So you get to fill that out as well. Now, this is probably one of my favorite quotes. And it's from Sean Stephenson, who I had the pleasure of meeting just a couple years back, and he was a wonderful human being. And there was one thing he said during a speech I heard and he said, Never believe a thought that doesn't empower you. And I think during this difficult period of you know, everyone doing work, school virtually, and now going into the job market in this environment, I think it's really important that you advocate for yourself. And the best way to do that is to always believe thoughts that empower you rather than thoughts that don't empower you. And that's going to be a mission for you to always remember filtering your thoughts with things that empower you always remember that that's one thing. If I could spread that message, I would spread it far and wide. And so here is my gift to you all. I know, we quickly went over through this like really awesome information. If you go to WWW dot miracle morning.com slash college students sample. If you just put in your first name, last name and your email, you're going to get sent the first two chapters of the first book free, it will help you really dive into these topics, there is absolutely no way to dive into those six practices in such a short amount of time, but I really want you all to be successful. I want you all to live the life of your dreams. And you know, I completely believe in you all and so if you guys want to you can get this two chapter sample. And that's it for me. So if you want to contact me, you can reach out to me at Natalie at Natalie jonji.com. I also have a LinkedIn page where you can reach out to me on so thank you so much for your time. And



I wish you all the best in the future.