

The 5 AM Club

by Robin Sharma

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Stage the wake-up before dinner**

Set workout clothes, water, notebook, and the first reading page before the evening gets loose. The morning should start with zero decisions.

MON TUE WED THU FRI SAT SUN

⁰² **Run one honest 20/20/20 trial**

For one morning, move for 20 minutes, write or sit for 20 minutes, then study one useful idea for 20 minutes. Judge the state change, not perfection.

MON TUE WED THU FRI SAT SUN

⁰³ **Write the no-phone rule**

Keep the phone outside the bedroom or across the room with one written first move on top of it. Remove the strongest competing cue.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Protect the sleep appointment**

Choose a realistic lights-out time and treat it as the first block of tomorrow's 5 AM Club. No heroic morning survives a careless night.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Track 7 days of evidence**

Do not aim for a new personality. Record seven small proof points that the first hour changes your energy, patience, and output.