
The 5AM Club Summary PDF Cheatsheet —

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? 1. Wake Up at 5AM: Starting the day earlier gives us distraction-free time to do high-value work in a flow state

An Entrepreneur is struggling with hostile investors trying to take over her company. She seeks hope at a self-help seminar, where she meets a procrastinating Artist and a Billionaire dressed as a homeless person. The Billionaire invites them for private mentoring at his beachfront home, where they begin learning the value of waking up at 5 a.m.

? 2. Execute a Morning Routine: The 20/20/20 Formula gets our day started on the right track—physically, mentally, and spiritually

A carefully crafted morning routine is key to self-discipline. Robin Sharma suggests starting the day with 20 minutes of sweaty physical activity, 20 minutes of inner reflection, and 20 minutes of learning. This routine helps set a positive tone for the rest of the day.

? 3. Mastery Requires Obsession: Focus on one long-term master project, and focus on never-ending 1% daily improvement

Most great people are obsessed towards one thing for decades. That “granular” focus is how they became world-class. So pick one big project you’ll work on for the next 90 days. Then set 5 small daily milestones, to help remain motivated.

? 4. Save Your Willpower: Why the key to self-discipline is understanding the natural limitations of our mind and body

Self-discipline can be improved by reducing daily decision-making, building automatic habits, and relaxing to allow the prefrontal cortex to take control. Willpower can also be increased by gradually pushing past discomfort, 5% beyond our old limit.

?? 5. Cycle Work and Rest: How to take more breaks and vacations, without losing productivity

In Rome, the couple learns the value of remembering death. In South Africa, they learn the importance of rest for optimizing productivity. It’s recommended to take breaks every 30-90 minutes of work and have at least one day off per week without digital devices. Also, get at least 7.5 hours of sleep each night.

This is just a sample!

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