



The 5 AM



CLUB

Robin Sharma



JUNE MONTH



ARE YOU LIVING BY DESIGN OR BY DEFAULT?

The entrepreneur and the artist represent many of us.

One is successful but unhappy.

One is talented but stuck.

Both are searching for a better way to live.

Robin Sharma's first lesson is powerful:

☞ Most people spend their lives reacting instead of creating.

- We wake up.
- Check our phones.
- Handle emergencies.
- Meet deadlines.

And before we know it, years have passed.

THE #1 BESTSELLING AUTHOR OF *THE MONK WHO SOLD HIS FERRARI*

ROBIN SHARMA

15 MILLION BOOKS SOLD WORLDWIDE



OWN YOUR MORNING

ELEVATE YOUR LIFE

"Robin Sharma's books are helping people all over the world lead great lives." —PAULO COELHO

Day 1

CHANGE IS
HARD AT FIRST,
MESSY IN THE
MIDDLE AND
GORGEOUS AT
THE END

ROBIN SHARMA

ACTIVITY: LIFE WHEEL

Message your answer
in the group..

Rate yourself from 1-10:

❤ Health

👨👩 Relationships

💰 Finances

📖 Learning

😊 Happiness

✨ Purpose

- Which area received your lowest score?
- What surprised you about your ratings?
- Are you living intentionally?

WINNING THE FIRST HOUR

The book is obsessed with OWNERSHIP !!

The world's top performers understand one thing:

- If you don't own your morning, you'll spend the rest of the day reacting.
- The first hour sets the emotional tone of your entire day.

The author insists that getting up at 5 AM in the morning is science-backed, that it is essential to honing one's skills, and that developing this habit leads to consistently fulfilling days.

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**“JOIN THE 5 AM CLUB.
YOUR MOST VALUABLE HOURS
ARE 5 AM TO 8 AM.
THEY HAVE THE LEAST
INTERRUPTIONS.”**

Day 2

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ACTIVITY

*Message your answer
in the group..*

- What does an ideal morning look like?
- Is waking up early necessary for success?
- What matters more: time or intention?

THE 20/20/20 FORMULA

Robin Sharma introduces the famous VICTORY HOUR.

- Move (20 mins)

Sweat. Exercise. Move.

- Reflect (20 mins)

Journal. Pray. Meditate. Practice gratitude.

- Grow (20 mins)

Read. Learn. Develop skills.

The formula is simple:

Healthy Body + Calm Mind + Continuous Learning = Extraordinary Life

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Day 3

“Rise at 5 am.
Spend that first hour on fitness,
gratitude and reading.”

The way you start
your day drives
how beautifully
you live it.”

Robin Sharma

ACTIVITY

Message your answer
in the group..

- Which part felt easiest?
- Which part felt difficult?
- Which activity would have the greatest impact if done daily?

SUCCESS BEGINS INSIDE

Most people chase external achievements.

The book argues that true greatness comes from mastering four inner worlds.

- 🧠 Mindset – Thoughts
- ❤️ Heartset – Emotions
- 🏃 Healthset – Physical Energy
- ✨ Soulset – Meaning & Purpose

Many people strengthen only one empire while neglecting the others.

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The 4 Interior Empires

- Work on your mind, invest time and energy to grow.

MINDSET



- A heart free of evil, anger, fear sadness & disappointment will make you work better.

HEART SET



- Work on your health, eat well and exercise, you'll live for extra years.

HEALTH SET



- Grow your spirituality, meditate and reflect.

SOUL SET



ACTIVITY: INNER WORLDS

Message your answer in the group..

Score yourself from 1-10:

- Mindset ___
- Heartset ___
- Healthset ___
- Soulset ___

- Which empire do people generally neglect?
- Can success exist without emotional well-being?
- Which empire has influenced your life most?

Day 4

ATTENTION IS THE NEW CURRENCY

Robin Sharma repeatedly emphasizes that distraction is the enemy of greatness.

- Most people are not tired.
- They are distracted.
- Every notification breaks concentration.
- Every interruption steals creativity.

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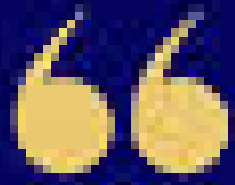
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An addiction to distraction is the death of your creative production.

Robin Sharma, The 5 AM Club

www.selectedreads.com



ACTIVITY: FOCUS CHALLENGE

Message your answer in the group..

- Choose one task.
- Work uninterrupted for 30 minutes.
- No notifications.
- No multitasking.

Day 5

- What distracts you most?
- Is multitasking productive?
- How can we create a "Tight Bubble of Total Focus"?

THE REAL SECRET OF GREATNESS

One of the strongest messages in the book :

- "Small daily improvements over time lead to stunning results."
- Success is rarely dramatic. It is usually invisible until one day it becomes obvious. The bamboo tree spends years growing roots before it shoots up. Human growth works the same way.

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PERSONAL COMMITMENT

Small daily, seemingly insignificant improvements, when done consistently over time, yield staggering results.

Reflection:

What is one habit that could completely change your life if you practised it daily?

Write your personal commitment

"I commit to _____ for the next 30 days."

Day 6

Final Exercise –

- Write a short letter to yourself:
- "The person I want to become by next year..."