



GETABSTRACT REVIEW OF The 5 AM Club

Own Your Morning, Elevate Your Life

The 5 AM Club is a self-help parable that focuses on being productive in the morning and setting the tone for your day. A struggling artist and stressed entrepreneur travel with an eccentric billionaire who teaches that success springs from starting your day at 5 am.

Discussion Questions

1. What time do you usually wake up in the morning?
2. Do you wake up at the same time on the weekends as during the week?
3. Do you practice the 20/20/20 Formula or something similar?
4. Do you believe early risers are more productive, and if so, why?
5. After reading the summary, is there anything you want to integrate into your morning routine?

STEP 1

Have your team read the [getAbstract summary](#).

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

“Own Your Morning, Elevate Your Life.”

The 5 AM Club

Robin Sharma

Additional resources



Personal
Development



Habits

