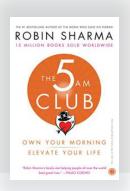
}getabstract | MEETING IN A BOX





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



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