

5 Rules for GREATNESS

The 5 AM Club
Robin Sharma



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01

One hour for yourself

“An addiction to distraction is the end of your creative production.

Empire-makers and history-creators take one hour for themselves before dawn, in the serenity that lies beyond the clutches of complexity, to prepare themselves for a world-class day”

02

Consistency is the key

“Excuses breed no genius. Just because you haven't installed the early-rising habit before doesn't mean you can't do it now.

Release your rationalization and remember that small daily improvements, when done consistently over time, lead to stunning results”

03

Difficult will become easy

“All change is hard at first, messy in the middle and gorgeous at the end.

Everything you now find easy you first found difficult. With consistent practice, getting up with the sun will become your new normal. And automatic”

04

Do what 95% of people don't do

“To have the results The Top 5% of producers have, you must start doing that 95% of people are unwilling to do.

As you start to live like this, the majority will call you crazy. Remember that being labeled a freak is the price of greatness”

05

Continue relentlessly

When you feel like
surrendering, continue.

Triumph loves the
relentless”

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