

The 5 AM Club by Robin Sharma (A2 Level)

ULTIMATE READING

Teacher Ignacio Chávez

5/15/2025 2 min read



The 5 AM Club by Robin Sharma **was showing** how waking up early **was helping** people become their best selves. The author **was explaining** that getting up at 5 o'clock **was giving** time to grow, learn, and feel better.

The book **was telling** a story about a businesswoman, an artist, and a wise teacher. The teacher **was teaching** them how to use early mornings to improve their lives.

1. Wake Up at 5 AM to Grow

When people **were waking up** at 5 AM, the world **was staying** quiet. No phones **were ringing**, no emails **were arriving**, and no noise **was distracting** them. This **was being** their special time to focus on themselves. They **were thinking** clearly and **were feeling** full of energy.

“Own your morning. Elevate your life.”

2. Use the 20/20/20 Formula

Sharma **was sharing** a simple morning plan called the *20/20/20 rule*. It **was dividing** the first hour of the day (5:00–6:00 AM) into three parts:

- **20 minutes – Move:** People **were doing** exercise like running, yoga, or dancing. It **was helping** their body and brain wake up.

- **20 minutes – Reflect:** They **were writing** in a journal or **were breathing** deeply to relax and think.
- **20 minutes – Learn:** They **were reading** good books, **were listening** to podcasts, or **were studying** something new.

“Victory is built in the early hours.”

3. Build Good Habits Slowly

In the beginning, many people **were finding** it difficult to wake up early. They **were starting** with small changes—maybe waking up 10 or 15 minutes earlier each day. Over time, this habit **was becoming** part of their lives.

“Small daily improvements lead to big results.”

4. Protect Your Time and Energy

The book **was reminding** readers that too many people **were being** busy all the time. They **were answering** every message and **were losing** focus. But when they **were learning** to say “no,” they **were protecting** their energy and using mornings to work on their goals.

“Don’t let distractions steal your greatness.”

Main Ideas

1. People **were learning** to wake up early to grow.
2. The teacher **was showing** them the 20/20/20 rule.
3. They **were building** new habits step by step.
4. Many **were realizing** how important time and focus **were becoming**.
5. The early hours **were helping** them find peace and purpose.

Final Message

The 5 AM Club **was teaching** that waking up early **was changing** lives. When people **were taking care** of their mind, body, and spirit each morning, they **were becoming** more confident, calm, and focused.

They didn’t need to be perfect—they just **were trying** every day. With time, this morning habit **was transforming** their lives.

“Join the 5 AM Club. Your mornings were shaping your future.”

<http://www.teacherignaciochavez.com>