



5AM MINDSET CLUB

5AM MINDSET TRAINING

Discipline • Mental Toughness • Daily Rituals for Success



Commando

**Is Ready To
Make A Difference**

MASTER YOUR MORNINGS. COMMAND YOUR LIFE.

THE 5 AM MINDSET CLUB PHILOSOPHY

Victory in life begins before the world wakes up.
5 AM is not just a time—it is a *discipline window*.

Early mornings are where focus is trained, self-control is developed, and mental toughness is forged.

Those who master their mornings, gain control over their habits, time, and emotions.



WHAT THIS MANUAL TRAINS YOU FOR:

- Discipline over comfort
- Mental toughness before motivation
- Daily 5 AM rituals
- Focused execution
- Self-command and consistency
- Quiet preparation, powerful results

*You are not waking up early to impress the world.
You are waking up early to command yourself.*

— 5 AM Mindset Club

My 5 AM Commando Commitments

Read Slowly. Sign Only If You are Serious

- 1.I commit to follow the 5 AM Mindset Club discipline for the next 90 days with honesty, consistency and self-respect.
- 2.I will wake up before 5:00 AM every day, not out of pressure, but by choice — because my future deserves preparation.
- 3.I accept that discipline comes before comfort, and I will not negotiate with excuses, mood, or laziness.
- 4.If I feel resistance, I will still show up.
I understand that growth begins where resistance appears.
- 5.I take complete ownership of my time, habits, actions, and results.
No blame. No justification.
- 6.I will use the early morning hours for focus, training, reflection, and execution — not distraction or delay.
- 7.I commit to consistent action over motivation, knowing that discipline builds confidence, clarity, and strength.
- 8.I will respect the process, trust the routine, and allow transformation to happen through daily effort.
- 9.I choose progress over perfection and will return to discipline immediately if I fall.
- 10.I declare that I am ALL IN —
*Not when it is easy,
But especially when it is difficult.*

FINAL DECLARATION

I am not waking up early
to compete with others.
I am waking up early
to command myself.

Name _____

Signature _____

Date _____



[illegible]

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Clarity Statements

Defines Your Direction Before World Demands Your Attention

Physical Health

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Wealth and Career

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Happiness & Peace

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Relationships

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Social Contribution

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Spiritual Growth

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Write With Honesty , Review at 5 AM Daily

Key Projects and Strategic Plans

High Priority Tasks

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RULES OF 5 AM MINDSET TRAINING

1. 5 AM IS NON-NEGOTIABLE

5:00 AM is not a suggestion. It is the training hour.
Late nights do not cancel early mornings.

2. DISCIPLINE BEFORE COMFORT

Comfort weakens the mind. Discipline strengthens it.
Every decision must favor long-term strength over short-term ease.

3. SHOW UP EVEN WHEN YOU DON'T FEEL LIKE IT

Motivation is unreliable. Attendance is mandatory.
You train especially on the days you want to quit.

4. NO EXCUSES, ONLY OWNERSHIP

No blaming:

- circumstances
- people
- mood

Everything improves when ownership increases.

No social media.

No random scrolling.

5. MORNING = TRAINING ZONE

The first hour after waking up is reserved for:

- Mind training
- Physical activation
- Planning & clarity
- Execution preparation

No social media.

No random scrolling.

6. SILENCE BUILDS POWER

Early mornings are for silence, not noise.

Silence sharpens focus.

Silence builds command over thoughts.

7. CONSISTENCY BEATS INTENSITY

Comfort weakens the mind. Discipline strengthens it.

- Every decision must favor long-term strength over short-term ease.

8. COMMAND YOURSELF FIRST

You don't need to control the world.

You need to control:

- your wake-up time
- your focus
- your actions

5 AM Mindset Training Rituals

Page 1

The 5 AM Mindset Club Morning Protocols

1. WAKE-UP CALL — 4:30 AM

This is the moment discipline is tested.

Waking up at 4:30 AM is not about time — it is about commanding the mind before excuses arise.

Early rising builds self-respect.

Hesitation weakens authority.

2. PREPARATION MODE — 4:30 AM TO 4:55 AM

Use this time to shift from rest to readiness.

Focus on:

- Personal hygiene
- Light physical activation
- Mental alertness
- No phone.
- No information intake.
- Only preparation.

3. REPORTING TIME — 5:00 AM SHARP

Join the 5 AM Mindset Club Live Session exactly at 5:00 AM.

Punctuality reflects discipline:

- Respect for the process
- Respect for the group
- Respect for self

4. 20-MINUTE COMMANDO MORNING RITUALS

4A. INVOCATION — Prayer for Divine Guidance

Begin with a short prayer or invocation.

Purpose:

- Seek clarity and direction
 - Align actions with higher wisdom
 - Enter the day with humility and purpose
- “This step grounds the mind before training begins.”

4B. LOTUS GRATITUDE — Structured Gratitude Practice -

Offer gratitude consciously towards:

- Life
- Body
- People
- Opportunities

Gratitude stabilizes emotions and strengthens inner balance.

“A grateful mind remains focused and resilient.”

4C. AFFIRMATIONS — SUBCONSCIOUS REPROGRAMMING

Speak affirmations slowly and with intent.

Purpose:

- Reprogram the subconscious mind
 - Reinforce success-oriented beliefs
 - Build confidence and self-trust
- “Affirmations are not motivation. They are mental commands.”

4D. CHANTING — ENERGY & CLARITY ALIGNMENT

Practice sacred mantras or rhythmic chanting.

Benefits:

- Elevates internal vibration
 - Clears emotional resistance
 - Improves mental clarity and calm focus
- “Chanting regulates breath, thought, and energy.”

5 AM Mindset Training Rituals

Page 2

Continue the Protocol. No Shortcuts

4E. SWITCH WORDS — CONSCIOUS LANGUAGE TRAINING

Use intentional words repeatedly throughout the ritual.

Purpose:

- Influence subconscious programming
- Redirect thoughts toward strength and possibility
- Cultivate abundance, health, and peace

“Words shape perception. Perception shapes reality.”

5. WATER PROGRAMMING

- Speak your intention into the water before drinking, consciously energizing it with success-focused and healing vibrations.

6. Air Manifestation

Inhale slowly and deeply. Pause briefly and visualize your goals already fulfilled. Experience the happiness and calm confidence of achievement. Maintain a gentle smile, then exhale slowly and completely.

7. Listen to Inspiring Talk Live

Remain fully present during the live session.

Focus on:

- Listening deeply
- Absorbing key ideas
- Noting actionable insights

“Attention is a form of respect.”

8. VISUALIZATION — 5:55 AM

Close your eyes and visualize desired outcomes already achieved.

Focus on:

- Clarity of image
- Emotional engagement
- Calm confidence

“The subconscious responds to vivid clarity.”

9. Read a Book for 5-10 Min. and Share Learnings

Read material that builds discipline, clarity, or skill.

Action step:

- Extract one key insight
- Apply or share it

“Learning multiplies when shared.”

10. 20 Minutes Healing and Blessing Meditation

Conclude the morning ritual with

- Blessing others
- Receive Healing
- Establish inner calm
- Practicing “Mai Yur Ma”

Ritual Closing Note

These rituals are not optional.

They are the daily conditions of a disciplined mind.

Follow them long enough, and discipline will follow you everywhere.

DISCIPLINE THROUGHOUT THE DAY

1. LISTEN TO INSPIRING MUSIC / SONGS

- Use music to elevate mood and energy
- Choose content that strengthens focus and confidence

2. PRACTICE PRANAYAMA / YOGA

- Perform short breathing or yoga sessions
- Reset the nervous system
- Restore balance and alertness

3. WALKING OR RUNNING

- Engage in walking or light running
- Activate the body
- Refresh the mind through movement

4. READING MORE BOOKS

- This expands knowledge, discipline, or perspective.
- Books sharpen thinking and improve decision-making
- This build long-term mental strength.

5. LEARNING NEW SKILLS

- Invest time in developing a new skill or strengthening an existing one.
- Skill growth increases adaptability, confidence and personal value.

6. THINKING TIME / SELF TIME

- Spend quiet time alone to reflect, analyze, and think clearly.
- This practice improves awareness, problem-solving and emotional control.

7. ENTERTAINMENT (15–20 MINUTES)

- Allow limited entertainment for mental relaxation and balance.
- Choose content consciously and avoid excess or distraction.

8. Life Design Exercise

- Use this exercise to consciously design how you want your life to look and feel.
- It brings clarity to priorities, aligns daily actions with long-term vision and prevents living on autopilot.

9. GOAL SETTING

- Define clear, specific goals and break them into actionable steps.
- Goal setting provides direction, focus, and measurable progress for disciplined execution.

10. FAMILY TIME

- Spend intentional, distraction-free time with family.
- Strong relationships create emotional stability, motivation and long-term balance.

GOAL WRITING & INTENTION SETTING EXERCISE

A Structured Ritual for Clarity, Focus, and Alignment

This exercise is designed to help you move from vague desires to clear, written intentions.

Follow the steps slowly and with awareness.

PURPOSE OF THIS EXERCISE

- To bring clarity to what you truly want
- To train the mind to think in outcomes
- To align intention, emotion, and action
- To create a daily reference point for focus

Written goals shape direction.

Ritual gives them power.

STEP 1: PREPARE YOUR MATERIAL

- Use a yellow or light-colored page (symbol of clarity and alertness)
- Write with a red or dark pen to bring energy and emphasis
- Sit in a calm, distraction-free space

This is not rushed writing.

This is intentional work.

STEP 2: CREATE THE INTENTION SPACE

- Draw a large oval or circle in the center of the page
- This shape represents focus, continuity, and wholeness
- If you have multiple goals, use separate pages

One page.

One clear intention.

STEP 3: ORIENT YOUR PAGE

- Position the page so it faces a direction that feels positive and abundant to you
- This step is symbolic—it trains awareness and respect for the process

Direction trains the mind to be deliberate.

STEP 4: WRITE YOUR GOAL (MOST IMPORTANT STEP)

Write your goal inside the shape, following these rules:

- Write in the present tense
- Be specific and positive
- Include emotion and clarity

Example (DO NOT COPY):

Instead of:

“I want to start a business”

Write:

“I am confidently running my own successful business, enjoying meaningful work and stable income.”

Your words should feel real and complete, not hopeful or distant.

GOAL WRITING & INTENTION SETTING EXERCISE

STEP 5: ADD A SYMBOL OR IMAGE

- Place a small photo, symbol, or drawing near your goal
 - Choose something that inspires confidence or represents support
 - This could be a mentor figure, symbol of strength, or personal icon
- Symbols speak to the subconscious faster than words.

STEP 6: DRAW FLOW LINES

- Draw arrows or lines pointing toward your goal
 - This represents movement, progress, and energy flowing into the intention
- As you draw, visualize steady progress—not rush.

STEP 7: CREATE MULTIPLE COPIES

Write the same goal on separate pages for different purposes:

- Page 1: A place of reflection or prayer
- Page 2: A personal space where you will see it daily
- Page 3: Offer it to Universe(5 Elements)

Repetition builds familiarity.

Familiarity builds belief.

STEP 8: DAILY REVIEW

- Read your written goal once or twice daily
- Do not analyze—just observe and feel
- Allow your mind to absorb the message

Consistency matters more than intensity.

WHY THIS WORKS

- Writing clarifies thinking
- Structure reduces confusion
- Symbols engage the subconscious
- Daily exposure trains focus and discipline

This is not magic.

This is mental conditioning.

FINAL NOTE

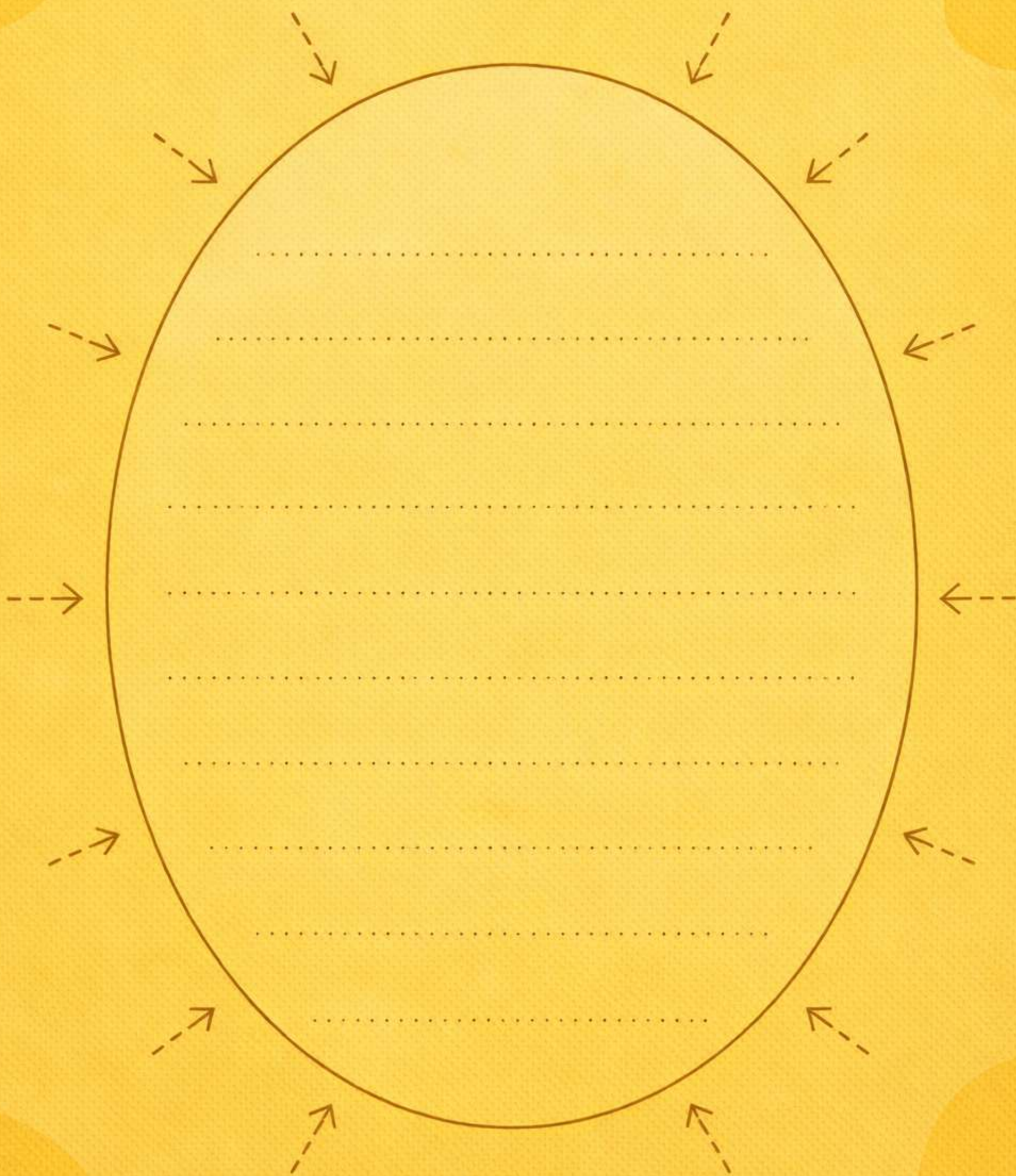
Treat these pages with care.

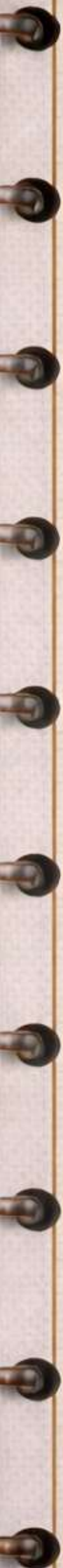
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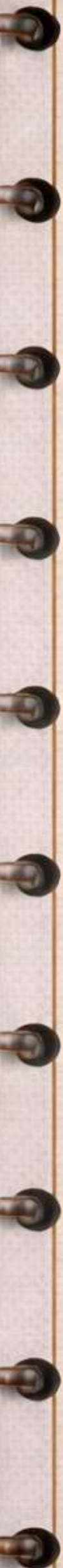
Return to them regularly.

Clear goals create clear actions.

Clear actions create results.



This image shows a full page of white paper designed for handwriting practice. It features 20 evenly spaced, horizontal dashed black lines that run across the entire width of the page. The lines are simple and consistent, providing a guide for letter height and placement. There are no margins, text, or other markings on the page.

This image shows a full page of white paper designed for handwriting practice. It features 20 evenly spaced, horizontal dashed lines that run across the entire width of the page. The lines are thin and black, providing a guide for letter height and placement. There are no margins, text, or other markings on the page.

Write Your 108 Intentions — Shape the Life You Choose

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The Commando Day Brief and Debrief Page

Plan With Discipline, Review With Honesty

Morning Briefings (Before The World Wakes Up)

1. Today’s Identity Statement

Who Must I Be Today to win this Day?
(E.g. Calm, Focused, Disciplined). _____

2.Non- Negotiable Actions

If I Complete Only These The Day Is Successful.

☐ Action 1 : _____

☐ Action 2 : _____

☐ Action 3 : _____

Daytime Awareness And Evening Debrief

Energy Checkpoints

“ Tick the Box when Done

☐ Movement / Walk (as Per Goal)

☐ Learning/Reading

☐ Silence/ Deep Breathing

☐ Listen to Inspiring Music

”

Execution Review

“ Did I Act as I Planned?

☐ Fully_____

☐ Partially _____

☐ Ignored_____

Explanation_____

”

Lesson Logged

What did Today Taught Me?

Gratitude

One Thing I am Grateful For?

Discipline Score

“

Self-Honesty

☆☆☆☆☆

Mind Control

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Consistency

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Comfort Resistance

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“A Disciplined Day, Repeated Often, Build An Unbreakable Life”

Date:.....

Handwriting practice lines consisting of 24 horizontal dashed lines.

Your paragraph text

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“A Disciplined Day, Repeated Often, Build An Unbreakable Life”

Date:.....

Day-2

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“ Did I Act as I Planned?

☐ Fully_____

☐ Partially _____

☐ Ignored_____

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Lesson Logged

What did Today Taught Me?

Gratitude

One Thing I am Grateful For?

Discipline Score

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Self-Honesty

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☆☆☆☆☆

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Comfort Resistance

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☐ Silence/ Deep Breathing

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Daytime Awareness And Evening Debrief

Energy Checkpoints

“ Tick the Box when Done

☐ Movement / Walk (as Per Goal)

☐ Learning/Reading

☐ Silence/ Deep Breathing

☐ Listen to Inspiring Music

”

Execution Review

“ Did I Act as I Planned?

☐ Fully_____

☐ Partially _____

☐ Ignored_____

Explanation_____

”

Lesson Logged

What did Today Taught Me?

Gratitude

One Thing I am Grateful For?

Discipline Score

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Self-Honesty

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☆☆☆☆☆

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☆☆☆☆☆

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Plan With Discipline, Review With Honesty

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☐ Silence/ Deep Breathing

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Execution Review

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☐ Fully_____

☐ Partially _____

☐ Ignored_____

Explanation_____

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Lesson Logged

What did Today Taught Me?

Gratitude

One Thing I am Grateful For?

Discipline Score

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☐ Ignored_____

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Discipline Score

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THIS MANUAL IS NOT FOR EVERYONE.

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This manual is for those who are willing to:

- ◆ Wake up early when comfort calls
- ◆ Choose discipline over excuses
- ◆ Train the mind before the world wakes up
- ◆ Commit to daily rituals without negotiation

This is not motivation.

This is mental conditioning.

The pages you have read are not meant to inspire you once.
They are meant to train you daily.

If followed with honesty and consistency, this manual will help you:

- ◆ Build unshakable self-discipline
- ◆ Strengthen mental clarity and focus
- ◆ Command your habits, time, and actions
- ◆ Create a structured, intentional life

There are no shortcuts here.

Only daily execution.

FINAL REMINDER

Discipline is not built in comfort. It is built in repetition.

Wake up early.

Train the mind.

Execute daily.

— **5 AM Mindset Club**

Where discipline is trained before sunrise.

Version: Commando Training Manual – First Edition

Purpose: Daily Discipline & Mindset Conditioning