THE 5 AM MIRACLE
DOMINATE YOUR DAY BEFORE BREAKFAST

- Maximize Your Productivity
- Be a Rockstar at Work
- Slash the To-Do List
- Perfect Your Schedule
- Make Time for Fun

JEFF SANDERS
THE 5 AM MIRACLE

DOMINATE YOUR DAY BEFORE BREAKFAST

JEFF SANDERS
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To my lovely wife, Tessa, and our quirky pug, Benny, the only two souls who know the real me and still love me anyway.
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PART I:
THE 5 AM MIRACLE
Introduction

Waking Up Early to Run: A Double Kick in the Pants

... and the heavens parted and God said, “Let there be a miracle at 5:00 a.m., let all the people bounce out of bed with enthusiasm, let them dominate their day, and let no snooze button stand in their way.”

—A Productivity Junkie’s Bible

A few years ago, I was in training for a marathon. I was working a full-time job as a career advisor, building a side business as a productivity coach and podcaster, and finding it increasingly difficult to make time for my daily run. In fact, I was getting so sloppy with my schedule that the only exercise I made time for was the long run on Saturday morning.

As any marathon coach will tell you, the long run is the most important of them all. However, as with most great habits, consistency is more important than sporadic action. That meant that I would be better off running a few miles a day, five to six days a week, than impulsively throwing my marathon hopes and dreams into one long and brutal effort.

I needed a new plan. If I was going to be running nearly every weekday and carving out consistent time for my most important
goal, I had only a few viable options: run before, during, or after work.

Running during my workday was highly unlikely with only a 30-minute lunch break. If you know me, you know I really like to eat—and eat a lot—and eat often. Skipping lunch was off the table.

The other reality for me, like most people with a day job, was the sheer challenge of navigating a midday workout (lack of access to a gym or shower, transporting workout clothes, scheduling running between meetings, getting my boss to agree to a longer lunch break, etc.). Though technically these were all just excuses, they were also real obstacles that needed real solutions.

Running after work appeared to be my best candidate, but something always seemed to get in the way. I continually planned after-work trips to a local park or the gym, hoping to force myself to stick to a schedule by changing my environment. It did not seem to matter how I finagled my evening routine; consistently working out after a long day at the office proved to be as challenging as running the marathon itself!

Since I was now out of options, I turned to my worst-case scenario: waking up earlier to work out before work. I know, it sounds painful.

At the time I never would have identified myself as a morning person and had the awful habit of waking up at the last possible minute, hitting my snooze button at least twice, and refusing to smile until I had a hot cup of coffee in hand.

Waking up early to run seemed like a double kick in the pants. Who would ever volunteer to do either of those things, let alone both at the same time?

However, as I would soon discover, waking up early to tackle my grandest goals would be the greatest personal and professional decision I had made in years, and possibly, ever.
CHAPTER 1

The Miracle of 5 AM

What It Means to Dominate Your Day Before Breakfast

Miracle: noun: a surprising and welcome event that is not explicable by natural or scientific laws and is considered to be divine; a highly improbable or extraordinary event, development, or accomplishment.

Welcome to The 5 AM Miracle. I am Jeff Sanders and this is the book dedicated to dominating your day before breakfast.

Just like my podcast, also called The 5 AM Miracle, this book’s goal is to help you bounce out of bed with enthusiasm, create powerful lifelong habits, and tackle your grandest goals with extraordinary energy.

Throughout this book, I will be discussing early mornings and diving much deeper into topics like healthy habits, personal development, and rockin’ productivity.

I started my podcast due to one key anchor habit that has revolutionized the way I live: intentionally waking up early. This one habit has become the backbone of everything I do.

Over the years, I have given many explanations as to what the 5:00 a.m. miracle is and how it could be defined. From my expe-
riences, there are so many wonderful things about waking up early that it took quite a bit of soul searching to pin this one down.

For the sake of this book and for clarity, the 5:00 a.m. miracle can be defined as the extraordinary act of dominating your day before breakfast, intentionally bouncing out of bed bright and early in order to make significant progress on your grandest goals.

In my experience, 5:00 a.m. is a fantastic time of day, and throughout this book, I will strongly emphasize 5:00 a.m. as the ideal time to get up every morning.

However, the act of waking up at that time is not impressive on its own. After all, 5:00 a.m. is arbitrary. However, what 5:00 a.m. stands for is much more impressive, and ultimately, miraculous.

1. 5:00 a.m. is a block of time each morning when life is calm, serene, and peaceful. In the early-morning hours, there are few distractions, the birds are just beginning to sing, and life moves at a slower pace. For some, this is the only time of day they have to themselves.

2. 5:00 a.m. is a symbol for taking control. Realizing your life and your time are in your hands is incredibly empowering and presents abundant opportunity. When you use your minutes wisely, you reach a pinnacle of achievement and fulfillment that few ever do.

3. 5:00 a.m. can become your most precious asset. When you guard your time and prioritize your tasks; when you optimize your body and develop your mind; when you live on purpose and pursue your grandest goals; you reap the limitless benefits of the miracle of 5:00 a.m.: a grand life lived with intention, pursued with ambition, and rewarded with transformation.
REMARKABLE BENEFITS OF A 5 AM MIRACLE

For those who experience their own 5:00 a.m. miracle, there are no accidents. Their life is planned on paper, on purpose, every day, without exception. This also means that the benefits they experience are planned. The amazing results are anticipated and realized.

Though I cannot guarantee your results, I and countless others who wake up early on purpose have experienced truly amazing benefits. You, too, can realize amazing benefits by following the plan outlined in this book.

Depending on what you choose to do with your precious morning hours, you could experience these benefits and more:

1. Dramatic increase in sustainable energy.
2. High-quality sleep and consistent sleep patterns.
3. Weight loss and improved health.
4. Consistent increase in daily productivity.
5. Ability to ward off distractions, especially those that plague all of us late in the day.
6. Improved mood and a positive outlook on your day.
7. Better physical fitness, strength, and endurance.
8. Ability to make phenomenal progress on the goals that matter most to you.
9. Improved mental clarity and creativity, especially in the early-morning hours.
10. Ability to monitor and maintain healthy and productive habits for the long term.
FIND YOUR OWN 5 AM

Before we dive in too deep, let me clarify this point: Though I will certainly make every attempt I can to convince you that 5:00 a.m. is the best time ever to bounce out of bed, you don’t have to wake up at 5:00 a.m.

All right, take a deep breath and smile!

No part of this book or the plans in it require you to wake up at 5:00 a.m., 6:00 a.m., or any other time before, during, or right after sunrise.

You get to pick your own 5:00 a.m. miracle, which may happen at 7:00 a.m., 8:30 a.m., or as some college students may enjoy, 12:30 p.m. Whatever works for you works for you.

The goal of this book is not to persuade you to set your alarm clock to 5:00 a.m., but rather to open the abundance of opportunity that presents itself when you live each day on purpose. Your daily miracle can happen at any time you choose.

During the process of writing this book, I traveled to New Orleans for a wedding. One morning my friends snuck into my hotel room and took a picture of me sleeping with the alarm clock showing 9:46 a.m., just to prove that I really didn’t wake up at 5:00 a.m. every morning.

They find the picture hysterical, but it shouldn’t surprise anyone that I don’t wake up every single morning at sunrise like a robot. If I stay up late, I sleep in. If I need extra rest, I take it. If 5:00 a.m. is not the best time to get out of bed, then it is not the best time.

The goal is to be intentional—nothing more, nothing less.

Getting all of the quality sleep you need and optimizing the hours you are awake is the name of the game.
ARE YOU READY TO DOMINATE YOUR DAY BEFORE BREAKFAST?

I had a great conversation with a successful personal development coach a while back. He enjoyed my blog and podcast, but he had a concern about my favorite phrase.

In a very straightforward manner he told me that my tagline, “Dominate Your Day Before Breakfast,” intimidated him and it was likely scaring away people who could benefit from my message.

Honestly, I was a little surprised. I was going for more of a super-inspirational-wanna-kick-butt-before-your-day-starts kind of tagline.

At this point, I am hoping that the idea of domination doesn’t frighten you, but rather pumps you up and prepares you for the adventure that lies ahead.

When I picture dominating my day, I can see myself working hard, moving effortlessly from one important task to another, and smiling as I realize how much amazing work I’m getting done.

The truly remarkable thing, even today, is that this scenario happens all the time. When I follow The 5 AM Blueprint (the grand, goal-achieving system that I will break down in Chapter 4), my highly productive morning rituals flow smoothly into highly productive daily workflows and I feel on the top of the world.

In fact, I wrote much of this book during many of my all-star morning routines. I would bounce out of bed at 5:00 a.m., tackle my top early-morning priorities, and then be at a coffee shop, the library, or in my home office writing by 6:00 a.m.

The best part is that after my morning work sessions, I am usually able to take it easy for the rest of the day. This is possible because, at its core, dominating your day before breakfast is all about up-front sacrifice for delayed benefits. In other words, if you work hard (and smart) for a few hours each morning on the
tasks that matter most, you can free up time, create mental space, and reduce stress from the rest of your day.

You literally can dominate your entire day within a few hours and then reap the benefits of freely choosing how the rest of your day will go.

With that in mind, it doesn't take much to make domination the norm. In fact, all it takes is a solid plan, a reason to wake up before the rest of society, and a goal that means the world to you.

With those few things in place you easily have the ability to make your morning routine the most powerful force in your life. You have the opportunity to use those few precious hours in such a productive way that your life’s grandest goals are no longer bucket list fantasies. Instead, those dreams become quarterly objectives (page 62), and making impressive daily progress on those life-altering goals becomes second nature.

That's what I want for you, and I know it's possible.

THE FOUR COMMITMENTS

There are four commitments that I would like you to make as you read this book. These commitments lay the foundation for achieving your own 5:00 a.m. miracle.

1. I will have an intentional and written plan for my day, every day.

2. I will consistently implement healthy habits for optimal energy and enthusiasm.

3. I will choose short-term objectives that help me achieve my life’s grandest goals.

4. I will track my progress, make necessary adjustments, and hold myself accountable.

I know, it sounds like a lot. And yes, the fourth commitment is really three in one. However, as you will see in the coming
chapters, these commitments will transform into habits. It will become progressively easier to guarantee that these concepts become your reality.

Success in the long run is determined by consistent and well-chosen daily activities. When you make these four commitments you are choosing to optimize today, which will undoubtedly translate into success tomorrow.

**HOW TO READ THIS BOOK**

I am a voracious reader and I love nothing more than highlighting a book to death. I designed this book to be read just like that. I want you to metaphorically tear this book to pieces as you read it. Pull out your favorite highlighter, pen, or digital scribe and get to it!

Ideally, you will create and update an ambitious actions list as you read the book so you don’t forget all of your amazing ideas. I have gone ahead and provided space for that list at the end of the book (page 173), but feel free to take notes in whatever form works best for you.

Also, be sure to take advantage of the action steps at the end of every chapter.

**A QUICK NOTE ABOUT INNOVATION AND EXPECTATIONS**

I wrote this book, first and foremost, to be actionable and effective, not necessarily shockingly innovative. There are many people who read books expecting to be dazzled with brilliant, mind-blowing concepts handed down on stone tablets. The lessons, strategies, and ideas I present in this book are not new in that sense (maybe in the next book?).
What I share is a compilation of strategies that work in real life. These are concepts that have been applied, tested, tweaked, and optimized. If you are looking for a simple, step-by-step system that will help you control the chaos in your life, this book is for you. If you want to be more productive, healthier, and happier, this book is for you. If you want to wake up early and dominate your day before breakfast, then yeah, this book is definitely what you are looking for.

I also realized after writing the book that it’s possible to read every chapter thinking that I wake up early every morning, make zero mistakes, and optimize every free minute like a superhero. Sorry, I’m actually just a normal guy who really likes checklists. Yes, I certainly love to wake up early and get things done. However, I’m not perfect (just ask my wife) and I don’t want you to ever believe that perfection is the goal.

Being productive is an endless journey that requires you to wake up each morning and decide again to make today count. Long-term success with The 5 AM Miracle is a daily decision, a recommitment to your grandest goals, and an opportunity to begin again each and every time the sun rises.

The cool part is that whatever mistakes, problems, or blunders you have experienced any time in the past don’t have to follow you through tomorrow morning. When the rooster crows again at 5:00 a.m. you can literally choose a whole new life path. You’ve gotta love that!

As you will soon see, I love to summarize big ideas into short checklists. Here is a summary of everything in this book broken down into three simple steps. If you reach a panic point, or you feel a bit overwhelmed, pause and refer back to these three steps.

1. Plan: Map out each day intentionally before it begins.

2. Execute: Make tangible progress through focused blocks of time on your grandest goals.
3. Review: Every week, fully review what you did and what you will do next.

Plan, execute, and review. That’s it.

I am already excited to hear your 5:00 a.m. success story!

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**KILL THE SNOOZE BUTTON**

Pitfalls, Mistakes, and Problems to Avoid

Go ahead and sleep in.

In each chapter, I include a *Kill the Snooze Button* section where I share common pitfalls, mistakes, and problems to avoid. These will be actionable tips that will help keep you on track while dodging the bullets that I and others have already taken for you.

To begin, let me recommend my most important piece of advice: Don’t wake up at 5:00 a.m. tomorrow!

*Don’t do it.*

I know you want to already. I know it’s tempting, but we’re not there yet.

In fact, if you are not already on an early-morning schedule, waking up at 5:00 a.m. tomorrow will likely make you hate me and you’ll never finish reading the book.

Let’s keep both of us happy. Feel free to sleep in tomorrow and get plenty of beauty rest—you’re going to need it . . . (can you hear the ominous music playing in the background?).

Okay, it’s not that dramatic. But seriously, I will be outlining a very specific, step-by-step plan to show you how to make the transition to becoming an early riser without all the pain you may be anticipating.

I will also outline a plan for the masochist who likes to jump in with both feet and is ready for a serious adjustment.

Either way, tomorrow is your free day. Take advantage of it.
QUICK REVIEW: DOMINATING YOUR DAY BEFORE BREAKFAST

1. The 5 AM Miracle is defined as the extraordinary act of dominating your day before breakfast, intentionally bouncing out of bed bright and early in order to make significant progress on your grandest goals.

2. Waking up early has many extraordinary benefits, from being more productive to achieving serenity before anyone else is even awake.

3. To achieve your own 5:00 a.m. miracle, you don’t have to wake up at 5:00 a.m.! You can choose your own miraculous time to wake up and dominate your day.

CHAPTER 1 ACTION PLAN

1. Write out the four commitments and post them somewhere you can see them every day:
   • I will have an intentional and written plan for my day, every day.
   • I will consistently implement healthy habits for optimal energy and enthusiasm.
   • I will choose short-term objectives that help me achieve my life’s grandest goals.
   • I will track my progress, make necessary adjustments, and hold myself accountable.

2. Grab your highlighter and pen, and dive in!
CHAPTER 2
In Pursuit of Greatness

A Willingness to Do What Works

_I'd like mornings better if they started later._
—Garfield

Like many night owl college students, there was a time in my life when I was only awake at 5:00 a.m. because I was still up partying from the night before.

Even as I left school and began working full-time, I still only woke up early if I felt there were no other viable options. I had no love of early mornings or embracing the sunrise. In fact, I would plan my mornings to be as short as humanly possible.

If I had to leave the house for work by 7:00 a.m., I was awake no earlier than 6:30 a.m. In that 30 minutes I would rush around like the house was on fire, shoving food in my face as I got dressed and styling my hair as I ran out the door.

From where I stand today, it was madness—_sheer madness._

How did I let myself act like that for so long? How did I miss the opportunity available to me to wake up with intention, with a plan, and with any reason other than survival?

Where I was then is where many people stand today. Their days begin with madness. For them, waking up in a self-inflicted chaos is just another typical morning.
At the other end of the spectrum, there are those who wake up with no plan and no energy. Their mornings consist of piddling around, checking Facebook, and simply wasting hour after hour. They accomplish nothing and arrive at work with little or no ambition to do anything all day.

I know these kinds of people exist because I have been both of them myself at one point or another. It can be so easy to fall into the trap of waking up again and again without a solid sense of purpose, meaning, or direction.

It’s disheartening to witness so much potential being thrown away in myself and others, especially when I know that this problem can be solved with only a few simple strategies. Whether a morning routine is a battleground of insanity or nothing more than a few wasted hours, it’s not the way mornings were meant to be.

You can do better—much better.

**COMFORT: THE ENEMY OF GREATNESS**

Whenever I imagine my ideal life, I tend to use the same few words to describe what I want to see: ambition, success, prosperity, and greatness.

Maybe it’s the hundreds of personal development books that I have read over the years that have brainwashed me, or maybe there is something there, something deeper.

For years I have been in active pursuit of closing the gap on my potential, seeking to achieve greatness. As a personal development fanatic, I have found that greatness, like success, is a noble goal and worthy of pursuit.

Over the years, it has become clear that simple, daily habits (like waking up early or going for a run) are the backbone to the
greatness that I seek. The problem is that on any given day, I am not necessarily in hot pursuit of greatness. Instead, I am looking for the next most comfortable place to rest.

In spite of my success, I routinely find myself going out of my way to avoid hard work, postpone challenges, and eliminate anything that might make me feel uncomfortable. Comfort is addicting. It's easy to achieve and it's everywhere.

Everything being sold, pitched, and dangled at us is another tool, gadget, or gizmo designed to make our lives easier.

Is that what you want?

Do you really want your life to be easier and more comfortable? Or, instead, do you want your life to be more meaningful and your existence to exemplify greatness?

For my own use, I have defined greatness as the active pursuit of my potential. Greatness is not a finite position or end goal. It is a process, an ongoing battle, and a daily fight.

You achieve greatness by becoming the highest and best version of yourself every single day. This is not about the perception others have of you, but about how you decide to live your life each morning as the sun rises and to continue that pursuit all day long.

Earl Nightingale, known as the father of the modern personal development movement, defined success as “the progressive realization of a worthy ideal.” In other words, if you actively and consistently work toward inspiring and challenging goals that push you toward your own potential, you are successful, and in turn, living a life of greatness.

On one episode of my podcast, I borrowed a brilliant idea from Darren Hardy, publisher of SUCCESS magazine, and presented an argument that focus is the most important skill in the 21st century. I also described how distractions are the greatest enemy to focus.

In our world today, comfort may be the ultimate distraction and the defining enemy of greatness. Nothing will cause you to give
up faster, let your guard down sooner, or simply lose focus with greater ease than comfort.

Your brain’s natural desire is comfort, tradition, and sameness, which is why habits can become so powerful and automatic.

It takes real work to overcome your natural tendencies and avoid comfort, which ultimately holds you back from growth. Comfort does not assist in your growth; instead, it actively works against you.

Eating fatty foods, drinking alcohol, borrowing money, staying up late, watching TV, and avoiding awkward social interactions are all examples of our natural desire to take the easy road instead of the right one.

You have a choice. The alternative to these examples is less sexy, and that’s what makes them so unappealing in the short term and so powerful over the course of our lives.

• Instead of eating fatty foods, you could order a salad.
• Instead of drinking alcohol, you could opt for water.
• Instead of borrowing money, you could save up the cash for later.
• Instead of staying up late, you could go to bed early.
• Instead of watching TV, you could read a fascinating book.
• Instead of walking away from a conversation, you could engage in an intriguing dialogue.

It’s true, the alternatives to our natural tendencies are less sexy. They are uncomfortable and require us to work just a little harder. However, these simple, daily choices are the same ones that make a powerful difference when applied consistently over time, and they are the same ones that ultimately lead to greatness.
You have a choice. You can seize these growth opportunities or fall victim to the easy comfort that follows you around like a cute puppy.

To achieve greatness and fight its opposing force of comfort, you will have to lean into the pain and, at least to a small degree, lean into masochism.

Masochism is “the enjoyment of what appears to be painful or tiresome.” When you embrace masochism you acknowledge and even appreciate the growing pains.

Over time you can overcome the tendency to lean toward comfort by training your “masochism muscles.” You can literally train yourself to enjoy the growth process as you strengthen your resolve and transform into a higher and better version of yourself.

I’m not arguing that you will actually become the kind of person who enjoys pain, but that you can strengthen your ability and willingness to push through when times get tough instead of backing off or giving up altogether.

You will get more done when you have stronger muscles and can repel the distraction of comfort. You can also be more productive and successful if you train yourself to build the energy, systems, and muscles to do the hard work every day.

The process of training your masochism muscles is a series of habits. It is the act of doing small things every day in many areas of life, which eventually lead to significant growth in the long run.

Over the course of this book and throughout The 5 AM Blueprint (page 47), I will challenge you to push yourself. There will be plenty of opportunities for you to form new habits, take on new projects, and adopt new philosophies, all of which can strengthen your masochism muscles.

In the context of becoming an early riser, the connection is obvious: Waking up early is going to hurt. I’m not going to make this sound easy because it’s likely that you will want to give up and quit on me.
Don’t do that.
What hurts today may not hurt at all in the future because your muscles will have grown stronger, more powerful, and more resilient.

This is not an impossible project, and yet, it’s not something you will want to attempt passively either. Significant change requires significant investment. The good news is that you can achieve that change slowly over time, and through the form of this book and my podcast, I’ll be with you the whole way.

10 EXCEPTIONAL BENEFITS OF WAKING UP EARLY

Waking up early is awesome and there are dozens of amazing benefits that make a 5:00 a.m. wake-up call worth it. If you’re still on the fence about it, here are the top 10 benefits that should easily push you over the edge:

1. MORE TIME TO PLAN YOUR DAY AND EXECUTE IT EFFECTIVELY

Of all the reasons to wake up early, this may be the most practical on Day 1. When you wake up even just 15 minutes earlier than normal and you use that time for planning your day, you are already entering domination mode.

While the late risers are thrashing out of bed at the last minute, scrambling to find their toothbrushes and briefcases (does anyone use those anymore?), you have created a written plan for exactly how your day will go. You know ahead of time what to cut and what to keep. You know when your appointments are and what resources you will need. You know the optimal order of events for the day because you have optimized your schedule and updated your task list.
Creating an intentional, prioritized, and written plan for your day is everything. Planning how you will use your time is the number one strategy for achieving your own 5 a.m. miracle. It is the most important element in this book and it is the key difference-maker between success and failure.

If you haven’t already done so, highlight that last paragraph. *That’s gold, baby!*

### 2. PERFECT FOR QUIET TIME

The early morning hours are likely the only time you will have to yourself all day long. For many people, this is it. The time between 5:00 a.m. and whenever the rest of the family wakes up is the golden hour. This is your chance to soak up a few precious moments for those activities that easily get lost in the shuffle later in the day.

Whether you choose to read, meditate, pray, practice yoga, or any other quiet activity, make the most of it. Light a candle, play soft music in the background, or just sit in silence.

For years I refused to meditate because I thought I was too much of a busybody to be good at it. What I have found over the last few years is that quiet time is essential for collecting my thoughts, lowering my stress levels, and maintaining my own peace of mind. Even if you, like me, identify as a productivity junkie, type A personality, or ambitious high achiever, don’t neglect the benefits of slowing the pace of your life—even if it’s only for a few minutes.

### 3. HIGHER-QUALITY SLEEP AND MORE CONSISTENT SLEEP PATTERNS

When you embrace a consistent wake-up call, you will have no choice but to embrace a consistent bedtime in order to get the sleep you need. One great side effect of transitioning to this lifestyle is that your sleep is likely to improve.
There are many factors that affect sleep quality, but consistency is one of the most important. Waking up early forced me to prioritize going to bed, which forced me to prioritize ending my work day earlier, which forced me to be more intentional and efficient all day long. You see the pattern here? Setting even just one firm boundary in your day can have a ripple effect on every other choice you make.

Getting better sleep is all about consistency and preparation. Knowing you have to be in bed by a certain time will also cause you to prepare for bed, which means your mind and body will be ready to rest.

4. MORE ENERGY AND OPTIMISM

I know a lot of people (cough, me, cough) who don’t look too pretty in the morning. On top of my hair being a mess, weird goop being stuck to my eyelashes, and some of the worst bad breath you can imagine, I also don’t naturally bounce out of bed with a goofy grin on my face.

That used to be the case every day, but now it’s a rare occurrence. A typical wake-up call involves me literally bouncing out of bed with enthusiasm as I begin my morning routine. This isn’t genetics at work. *I was not born this way.* This is all about habits, systems, and choices.

This is a concept that bears repeating again and again: *The best morning routines prioritize energy* because it is the foundation for productivity. Energy is a natural by-product of amazing health and it’s awesome!

This may be the type A, espresso-loving, perky man in me, but why would you want to feel exhausted when you could feel pumped up? Why would you want to lie on the couch when you could be out for a run? Why would you intentionally hold yourself back when you know that the power behind your journey forward is nothing more than sustainable energy?
We will discuss the specifics in Chapter 7, but just note that if you want to fill your mornings with more joy and optimism, you can do it. You can choose to bounce out of bed smiling. It is certainly possible and worth the effort.

5. BETTER FOCUS

Assuming that when you wake up at sunrise you truly are the only person awake in your house, you have a shining opportunity in front of you. One of the greatest benefits of waking up early is the unmistakable lack of noise and interruptions. There is nothing standing between you and your goal. There are no distractions unless you create them.

There are many people who begin their day with television. They wake up and immediately turn on a morning talk show, the news, cartoons, or a rerun of a late-night comedy special they missed.

If your goal is focus, concentration, and execution, distractions like these have to go. The phenomenal benefit of focus is it’s always available, unless you choose to opt out. Focus is all about the elimination of everything except the one thing that matters most. Embrace the simplicity of a focused morning routine and you will experience those benefits over and over again.

6. BETTER BRAIN: IMPROVED MENTAL CLARITY AND CREATIVITY

Have you ever tried to do something really important late at night? How did that work for you? If you’re anything like me, you have to fight to think. Thinking clearly is more difficult and often painful when your brain is tired.

I know from years of trial and error that my best mental acuity is available to me during the first half of the day, not the last. This is true across the board. In *The Willpower Instinct*, Kelly McGonigal describes how willpower is a finite resource that replenishes
itself when we sleep. As the day progresses, our reserves of discipline and our desire to work slowly diminish. We find ourselves less capable of performing simple tasks without exerting intense effort.

If you want to take advantage of the natural cycles your brain is already going through, then jump at the chance to do your best work early in the day. It doesn’t necessarily have to be right when you wake up—just don’t wait until happy hour to start writing your next novel.

7. SEXIER AND HEALTHIER BODY

My best morning routines are either focused on a major project or my health. When I’m not using 5:00 a.m. to read, write, or finish an urgent project, you can find me drinking green smoothies, running trails, and hanging upside down from my gravity boots.

The morning hours are ideal for taking care of yourself. Most people either squeeze in a few minutes here or there for a quick trip to the gym, or they just never make the time for self-care. Of all the things you could do at 5:00 a.m., eating a healthy breakfast and exercising should be at the top of the list.

Waking up early is not a magic weight-loss solution, but the trend is that the kind of people who wake up early are also the kind of people who exercise. People who exercise are the kind of people who eat healthier. People who eat healthier tend to lose weight, and people who lose weight tend to have more self-confidence and feel sexier.

That’s how it has worked for me and countless others, and that’s how it could work for you too.

8. CONSISTENT INCREASE IN DAILY PRODUCTIVITY

One of the most fascinating side effects of waking up earlier is the residual effect of increased productivity all day long. When
you start your day with intention, it's likely you will finish it that way too.

There are days when I sleep in (obscene, I know!). On those days I am usually never as productive as the days when I wake up earlier. It's like clockwork. When I wake up with a plan, I also work my day with a plan. When I wake up and wing it, I get the results you would expect—subpar.

If you want to keep yourself chugging along all day, executing tasks like a five-star general, then it's best to begin your day the way you want to end it. Start with intention and productivity, and finish with intention and productivity.

9. MORE LIKELY TO ACCOMPLISH YOUR GRANDEST GOALS

Being productive means that you are getting things done, but simply doing more is not your primary goal with *The 5 AM Miracle*. What happens when you wake up earlier is that you open the doors of opportunity. You can literally do anything. Time has been freed up that previously never existed, which leaves you with a choice.

You can either optimize that time or squander it. You can make the most of it or let it pass you by. The trick is to predetermine how you will spend your time. The people who wind up getting more done with their own 5 a.m. miracle are also those who wake up with a solid plan to make progress on their life's grandest goals.

You have the ability to make phenomenal progress on the goals that matter most to you when you block off time for your highest aspirations. You have time for running a marathon, writing a book, building a business, studying for grad school, or any other worthy pursuit.

Even just one hour a day, five days a week can be enough to make progress on something that is valuable to you and your
mission. Take advantage of that time and guard it like the crown jewels.

10. YOU WILL JOIN AN EXCLUSIVE CLUB OF HIGH ACHIEVERS

What do Howard Schultz (CEO of Starbucks), Richard Branson (founder of the Virgin Group), Anna Wintour (Editor-in-Chief at Vogue), and Tim Cook (CEO of Apple) all have in common? Outside of their amazing success in business, these four power players are also early risers. Richard Branson and Anna Wintour wake up at 5:45 a.m., while Howard Schultz and Tim Cook rise at 4:30 a.m.

Don’t forget famous notables such as Benjamin Franklin, Thomas Jefferson, Margaret Thatcher, Barack Obama, George W. Bush, Frank Lloyd Wright, and Charles Darwin.

There is a clear connection between intentionality and success, between early risers and high achievers, between waking up with a plan and changing the world. If you want to begin your journey to high achievement, waking up early should be the first task on your list tomorrow morning.

KILL THE SNOOZE BUTTON

Give yourself the appropriate title.

Before I was a marathon runner, I wasn’t. Before I was a podcaster, I wasn’t. Before I was an author, husband, college graduate, or any other descriptor—I wasn’t.

You don’t become someone new until you live it. You can’t call yourself an athlete, high achiever, or early riser unless you actually walk the walk (or run the run).

When I first considered making running part of my lifestyle, I had one major obstacle in my way: I didn’t think of myself as
a runner. In fact, not only would I never have used that term to describe myself, I was scared to do so.

“Runners” were elite athletes. They were slim, fast, and super skilled at something I couldn’t imagine doing myself (or, at least, doing well).

In the summer of 2006, after returning home from a study abroad program in Prague, I was in the worst shape of my life. I quickly decided to make running the central focus of my new fitness regimen. I ran a little bit every day in the beginning, usually no more than five minutes at a time.

By the end of that summer, I was running five miles a day. Was I a runner? I thought so.

Was I a runner when I was only running five minutes a day? Not according to me.

It wasn’t until I was running five miles a day that I allowed myself the privilege of referring to myself as a runner.

I don’t know why I set that boundary, but I did. It was arbitrary and it drew a line in the sand. It was my indication of real progress.

My story of becoming a runner is the same story you share when you become someone new. One day, you would never refer to yourself as an early riser, and the next day, it is part of your vocabulary. Nothing significant changes on the outside, but something dramatic shifts within.

Start small and let yourself off the hook. That’s all it takes to make the critical shift of significant change. Begin by believing in what it means to embody your new title and don’t hold yourself back from embracing it quickly.

I waited far too long to refer to myself as a runner. Five minutes a day is the same as five miles—both indicate action and both exemplify what it means to walk the walk.

Even serious night owls can one day refer to themselves as early risers.
QUICK REVIEW: WHY GETTING UP EARLY IS SO AWESOME

1. You will have the precious time you need to effectively plan your day.

2. Early mornings are ideal for meditation, prayer, yoga, or just a little quiet time.

3. Your sleep is likely to improve dramatically with consistent bedtimes and wake-up calls.

4. You will almost certainly have more energy and a more positive attitude.

5. It’s easier to focus on your biggest goals.

6. With improved mental clarity, your creative juices will flow even faster.

7. Early risers tend to exercise more, eat healthier, and have a sexier body. What’s not to like?

8. Getting more done is nearly a guarantee when you wake up prepared to dominate your day.

9. With a consistent 5 a.m. miracle in place, you are more likely to achieve your life’s grandest goals.

10. Many high achievers wake up early and you are about to join them.
CHAPTER 2 ACTION PLAN

1. What does a typical morning look like in your world? Busy and stressful? Slow and peaceful? Productive and exciting?

2. Is your life too comfortable? What are your comfort tendencies, those habits and rituals that steer you away from greatness?

3. What benefits appeal to you the most from an early-morning lifestyle? Why get up early at all? What are you hoping to achieve at 5:00 a.m.?
CHAPTER 3
Bouncing Out of Bed with Enthusiasm

How to Finally Become a Morning Person

I stay up late every night and realize it’s a bad idea every morning.

—Unknown

The most common question I receive is from night owls. They hear me preach the benefits of waking up early and are still left with the nagging question, “As a night owl, can I really make the switch and wake up early?”

Simple answer: Only if you want to.

The time you wake up each day is not a genetic trait. It’s not part of your DNA and it’s not predetermination or fate holding your head against the pillow every morning.

Consistently waking up early is a skill, which is great news. That means you can actually improve your abilities over time, and see real progress.

In short, you can follow a simple set of steps and make the transition happen, no matter how late you currently go to bed or how early you want to wake up.
Becoming a morning person is a real thing and it’s really possible—even for you night owls.

**SEVEN STEPS TO FINALLY BECOMING A MORNING PERSON**

Now that I’ve convinced you that waking up early is not only worth your time, but is also a killer strategy that can lead to wild, long-term success, here are the seven steps that will take you from a late-night junkie into an early-morning fanatic.

1. **DRINK THE KOOL-AID AND EMBRACE YOUR INNER FLANDERS**

Ned Flanders is my favorite character from the television show, *The Simpsons*. Mr. Flanders is the dork of all dorks with his big glasses, annoying voice, and obscenely perky personality.

He is friendly, organized, and lives according to his “three Cs”: clean living, chewing thoroughly, and a daily dose of vitamin church. To truly become a morning person, it’s best to think like a morning person. It’s time to embrace your inner Flanders and do what he would do.

If you decide to skip this step and deny that even a small part of you really likes Mr. Flanders, you may end up waking up early for the wrong reasons. In the beginning you will be fine, but over time your progress will fade and you will likely give up. Without a passionate **why** in place—your deep-seated and compelling reasons for a 5:00 a.m. wake-up call—you will find any excuse to sleep in and negate the benefits that we just discussed.

It’s all about what’s at stake. If your life’s grandest goals matter to you, then bouncing out of bed with enthusiasm should matter even more.

**ACTION:** Let’s say you are not a fan of Mr. Flanders, but there is a successful early riser that you would love to model your life
after. Use that person and drink their Kool-Aid. Become the next Thomas Jefferson or Margaret Thatcher by studying their life, habits, and successes. Follow in the footsteps of the most successful person in your industry or the person who you believe embodies an awesome future version of you.

2. TRAIN LIKE THE TORTOISE

The funny thing about making any significant life change is that it’s easy to do once. You can run a marathon without training. You can borrow money without a plan to pay it back. You can pull an all-nighter tonight and finish a big project.

The problem is that all of these short-term choices have swift and painful repercussions.

Running a marathon without training might garner you a finisher’s medal, but it will hurt worse than any pain I can imagine. You won’t walk for days and you’ll likely never run again.

Borrowing money without a payment plan leads to credit card debt, sleeping on your parents’ couch, and bankruptcy. Sounds good now, hurts big time later.

Not sleeping tonight, even if it results in massive progress on an important goal, will destroy your calendar for the next few days as you recover. I’ve experienced my fair share of all-nighters and I always regretted not planning more effectively ahead of time.

None of these are long-term solutions. All of them are impulsive and nearly useless when aggregated over time. It’s better to break large projects into tiny pieces and plan to work for the long haul.

Becoming a successful early riser is not a spontaneous or whimsical decision—it’s a way of life and a way of thinking.

If you want to succeed this week, next year, or in 50 years, you’ll need a solid plan to get you there.

ACTION: Get out your calendar and begin the shuffle. Knowing that your sleep patterns are going to change, plan ahead now
for how that will look in the long run. What goals would you like to work on early in the morning? What tasks have you scheduled late at night that need adjusting?

3. SEND YOURSELF TO CAFFEINE REHAB

I love coffee. Specifically, I love a double espresso every morning. When you make the switch to an early-morning routine, you may have to temporarily adjust your daily caffeine levels.

I consider myself a bit of a caffeine addict, so I know how you feel if this sounds like an impossible task. The good news is that you don’t have to give up coffee to wake up earlier. However, if you want to make the transition easier, you may find it helpful to minimize how much you drink so that you can fall asleep earlier each night.

The earlier you fall asleep, the earlier you can wake up. The logic here is sound, but the emotional toll of less caffeine is a bit tragic. Sorry!

**ACTION:** Cut back on the quantity of caffeine you drink every day and set a daily boundary for caffeine consumption. For example, I only drink caffeine in the morning and don’t allow myself to have any in the afternoon so that I can fall asleep faster.

4. RESCHEDULE LATE-NIGHT ACTIVITIES

When I was in college I would routinely swing by Taco Bell for a late-night snack. I would shovel down burritos, enchiladas, and 44-ounce fountain drinks. It’s hard for me to stomach the idea of eating anything like that now, but I’m not the same person I was then.

Look at your own late-night habits and determine when they can happen earlier in the day, if at all. Watching too much TV? Cut it. Surfing Facebook until 1:00 a.m.? Not anymore. Staying out late with friends on a week night? Sorry, it’ll have to wait until Friday.
In order to make this transition as smooth as possible, simply reschedule your favorite late-night habits. You do not have to cut out television and social media forever, just refrain from gorging on large helpings after your bedtime.

**ACTION:** Make a list of your current late-night activities. What do you consistently do that you know you could reschedule, minimize, or stop altogether?

**5. BUILD A BOUNDARY AND GET TO BED**

The most effective way to wake up early is to go to bed early. The best way to ensure you stick to your bedtime is to destroy the obstacles between your busy, working self and your tired, lying-in-bed-with-your-eyes-closed self.

I created a late-night boundary just for this reason. 8:00 p.m. is my stop time. At exactly 8:00 p.m., I will turn off whatever I am working on. This includes my computer, phone, TV, iPad, and any other technology.

At this point, I would have either finished my tasks for the day or rescheduled them for another day. I would have also created my task list for tomorrow and responded to all of my emails (I’ll discuss Inbox Zero in Chapter 8). I then take a shower and grab a book to read before heading off to bed.

This evening routine is a written process. It is planned in advance, tweaked over time, and optimized so that I can get to bed on time every night without fail. Are there exceptions? Of course, but the odds of success increase dramatically with a well-planned and routinely updated structure in place.

**ACTION:** On paper, plan your ideal evening routine. Write out what you will do and when you will do it. If necessary, create a boundary for stopping all work for the day. Share this plan with anyone who lives with you or who likes to send you late-night tasks from the office. (Hint: Tell your boss about your new sleep schedule so he or she doesn’t keep you up until midnight.)
For a more detailed description and instructions on creating your evening routine, refer to Chapter 7 (page 91).

6. TURN BACK THE CLOCK JUST A LITTLE

This is where the shift begins. Set tomorrow’s alarm clock just 15 minutes earlier than usual and update tonight’s bedtime to 15 minutes earlier as well. This is a small baby step toward the long-term goal of waking up at your ideal time.

If your current bedtime is around 11:00 p.m. and you would like to transition to be asleep by 9:30 p.m., plan that 90-minute shift in 15-minute increments. It’s best to not even notice the transition, so don’t get up earlier until the new time feels normal.

Also, don’t worry about how long this process might take you. Just change the times when it feels right. Depending on your schedule and your body’s response to the shift, you could be up at your ideal time tomorrow, next week, or many weeks from now.

ACTION: Plan your first 15-minute time shift. Set a definite bedtime and a corresponding alarm clock time that aligns to how much sleep you need for optimal rest.

7. WAKE UP AND DO SOMETHING POSITIVE

As you transition, plan a new healthy and productive activity you will do during those 15 minutes. If all you do is wake up earlier to continue with the same routine you have always done, nothing will have changed except the times you were asleep. The goal here is increased productivity and tangible results.

You could spend those extra 15 minutes doing any habit that makes sense to you, but I would recommend you initially focus on something you have been missing out on. If you love yoga but can’t seem to make the time, then practice yoga for 15 minutes tomorrow. By doing something you love, you will end up appreciating that time way more than you might imagine.
To begin, make a list of morning habits you would like to adopt, or habits you can reschedule from later in the day to first thing. Some of the best morning habits are ones that help you wake up with energy and a positive frame of mind. I recommend choosing something calm and peaceful, like meditation, prayer, or reading a positive book.

Alternatively, you could move your body right away through Pilates, a brisk walk or run, and a few rapid-fire push-ups. I have found that incorporating a short but intense workout in my morning routine is a surefire way to transition to an earlier wake-up time. If you want to make your transition easier, more effective, and faster, be sure to schedule a workout in your morning routine.

**ACTION:** Plan the healthy habit you will do with your new 15 minutes of freed-up time. You don’t have to choose just one. You could cycle through a list of habits you would like to do less often than once a day, like “Meditation Mondays” or “Trail Run Tuesdays.”

**THE QUICK-AND-DIRTY METHOD**

If you tend to describe yourself as a masochist and the idea of a gradual transition to an early morning lifestyle seems painfully slow to you, I have a solution.

Repeat all seven steps that I just described with one major exception: Modify step 6 so that you wake up at your ideal time tomorrow morning.

With this simple change you will feel like every international traveler: jet lagged, wickedly tired, and happy to have finally made it.

The first few days are going to hurt, but it won’t last long. I recommend scheduling those first few days with tasks and projects that don’t require a lot of brain power (and maybe even take a few days off work). Catch up on household chores, mindless tasks,
and anything you can do by yourself. Consider it a favor to your family and coworkers that you are working out your fatigue and bitterness without them.

Don’t forget to adjust your bedtime according to your sleep needs and new wake-up time. You may also find that it’s easier than ever to fall asleep early now that you are desperate for a little shut-eye.

FREQUENTLY ASKED QUESTIONS

**Q: How long will this transition take?**

**A:** It’s totally up to you. With the quick-and-dirty method, you can be up at 5:00 a.m. tomorrow, or you can slowly transition over the course of weeks or months. Depending on your schedule and how determined you are to make an early morning part of your lifestyle, this can happen whenever it works best for you.

**Q: Do I have to wake up early seven days a week? What about the weekends?**

**A:** Here’s the beauty of *The 5 AM Miracle* at work. No, you certainly don’t have to wake up early every single morning. Being intentional with your time is the name of the game, which means you can wake up whenever you want.

However, if you really want to become a thriving morning person, your sleep schedule should be as consistent as possible. If you normally wake up at 5:00 a.m. on weekdays, then waking up at 11:00 a.m. on Saturday would throw off your internal clock in a big, bad way. I’m not recommending you throw out your social calendar and become a hermit on Friday nights, but if productivity matters to you, there will be sacrifices.

The good news is that you can be flexible and still maintain positive habits over time.
Q: *What’s the minimum number of hours you think that I should sleep? Won’t I be more productive if I sleep less to maximize my day?*

A: Though I’m not a sleep doctor, I can say with certainty that everyone is a little different when it comes to how much rest they need to recover fully each day. My wife, Tessa, needs a considerable amount of sleep, ranging between 9 and 11 hours per night. I only need about 7 to 8 to feel well rested and ready for the day.

You likely already know your body and know how much sleep you need to wake up refreshed. The goal is to get that ideal amount of sleep as often, and as consistently, as possible.

Your daily productivity will become a horrible disaster if you sacrifice sleep for too long. Accomplishing your life’s grandest goals is a long-term game. Sometimes a short-term sacrifice is worth it, but sleep is a magical thing. Do your best to maintain a healthy rhythm of rest and your body will thank you.

Q: *If I go to sleep late, should I wake up early even if I didn’t sleep the minimum number of hours?*

A: I love this question because it’s indicative of the desire to stay committed to your goals. The problem with waking up early in this scenario is that it backfires quickly.

You will likely never hear me tell someone to wake up at sunrise after going to bed well after midnight. It just doesn’t add up.

What ends up happening is massive sleep deprivation, regret, and a serious lack of productivity. When you lose sleep you also lose the ability to think clearly, make intelligent decisions, and stay primed to do your best work.

When you find yourself in this unfortunate circumstance, sleep in. Get the rest you need and return to your normal early mornings over the course of the next few days.
Q: What if I wake up late? Have I missed my chance to be productive? How should I approach the rest of my day?

A: Waking up late is going to happen. It happens to everyone, including me. The goal is not to avoid waking up late, but rather to optimize the hours you are awake.

Though you won’t miss your chance to be productive if you wake up late, you will likely miss a few key habits you have established for yourself early in the day. What works best is to let it go. Be okay with missing your morning workout today and move on. There will likely be other chances later in the day to make up anything you missed that morning, and you can always get back on track tomorrow.

Never let any one individual day dictate your overall goal trajectory. Stay focused on the big picture and getting back to your routine as soon as you can.

Q: What about the rest of my family? What if I’m married, or have kids, roommates, dogs, and three pet gorillas at home? How do I get up early in my busy home?

A: There are two answers to this question. First, if you have pet gorillas at home, Wow! I need to meet you. Second, living with other people who are on different schedules than we are is not an excuse to sleep in or slack off on our own goals.

We all have battles to fight, obstacles to overcome, and bizarre circumstances to navigate. In the few years after college, I moved across the country to work over 70 hours a week between two jobs while running marathons and starting a side business. I know what it’s like to be busy.

I have also thrived in various seasons of my life when I lived with my family, various roommates, and even 30 fraternity brothers in a party house that never slept. I know what it’s like to navigate my goals and schedule around other people.
Sitting back and passively letting something stand between you and your goals is a choice. At the same time, it’s natural and healthy to acknowledge where you are in life. There are seasons, trends, and temporary situations that may prevent you from having the ideal life you want.

At the same time, to quote Albert Einstein, “In the middle of difficulty lies opportunity.” There will always be solutions buried in the chaos. There will always be amazing ways to make progress that you never saw before but that now seem to shine brightly because you changed your perspective.

Whenever I feel stuck or burdened by my circumstances, I look for the new perspective. I ask myself, “What am I missing? If I absolutely had to, how could I solve this problem?”

If you ask the question, the answer always appears. It may not be what you want to hear, but it’s there.

I’M UP, NOW WHAT?

Assuming you have followed the seven steps and transitioned to an early-morning routine (or are about to get started), what should you be doing with your precious, new early morning hours?

In Chapter 7 (page 91) I will outline a few simple steps to structure your ideal morning routine from top to bottom. We will look at examples of great routines, discuss how to align your morning routine with bigger life goals, and put your routine through the gauntlet to guarantee it is the best it can be.

Before we get to the specifics of your 5 a.m. miracle, in the next few chapters we are going to explore the heart and soul of your new productive life with The 5 AM Blueprint.

Waking up early is the face of this book, but an early-morning routine is merely one piece of a bigger system, one that has
the potential to transform your entire life into a goal-achieving machine.

**KILL THE SNOOZE BUTTON**

Pitfalls, Mistakes, and Problems to Avoid

All right, here it is—no more snoozing.

There’s a good reason why I named these segments “Kill the Snooze Button.” Snooze buttons are the greatest metaphor for beginning your day backward.

The norm for most people is starting off each morning with the decision to procrastinate by smacking their alarm clock and delaying the decision to bounce out of bed and dominate their day.

Snoozing inadvertently becomes a reactive choice, which leads to further reactivity. When you begin the day reacting to your environment instead of proactively shaping it, you find yourself on the defensive. Everything is a fire to be put out, a problem to be solved immediately, and in a very short timespan, you can find yourself overwhelmed, stressed out, and behind schedule.

Where did the time go?

Why did I forget to meditate, run, or read my favorite book?

*What happened this morning?*

The snooze button creates this scenario and furthers the belief that mornings are awful, when in fact it is the way we approach our day that needs a massive transformation.

My recommendation is simple: Stop snoozing altogether. Wake up and get up.

No more snoozing.

No more sleeping in past your predetermined wake-up call.

No more delaying the beauty of the morning and the opportunity to accomplish your grandest goals.

This is the beginning.
Tomorrow you will thank me.

QUICK REVIEW: NIGHT OWL TO EARLY RISER

1. Find your own Ned Flanders, follow in his or her footsteps, and embrace your inner morning person.

2. Like a tortoise, you are in this for the long run. Prepare now for the journey to come.

3. I love caffeine too, but it's time for a mini break. Cut back on the coffee for just a bit.

4. Trips for burritos at midnight are out. Identify all of your late-night habits that need adjusting.

5. Set a firm boundary and make your evenings count. Waking up early depends on going to bed early.

6. Begin the shift. Set your alarm clock for your new wake-up call. Slowly transition or jump in feet first—your call.

7. There's great power in a great workout. To make this shift easier, plan now to exercise in your new early morning.

CHAPTER 3 ACTION PLAN

1. Create an effective set of evening rituals (including going to bed earlier than usual) and then do those rituals tonight.

2. Set tomorrow morning's alarm 15 minutes earlier than usual.
Your current time:

Your new time:

3. Decide on one new ritual you are going to do in that 15 minutes. Your new ritual:
Jeff Sanders is a productivity coach, plant-based ultramarathon runner, and host of The 5 AM Miracle podcast. He has a bachelor of arts degree in Theatre and Psychology from Truman State University and lives in Nashville with his lovely wife Tessa and quirky pug Benny. To learn more about Jeff and how you can dominate your day before breakfast, visit JeffSanders.com.

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As you begin to experience your own 5:00 a.m. miracle, I highly encourage you to share your journey with this hashtag: #5amMiracle.

If you follow the hashtag on Twitter, you can connect with others as they begin their early-morning miracle right alongside you.

If you want to connect with me directly, you can explore my website, JeffSanders.com; find me on Twitter, @JeffSandersTV; friend me on Facebook, JeffSanders.com/facebook; and even send me an email, Jeff@JeffSanders.com.
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