

A FREE 6-WEEK RESOURCE

The 5 AM Method

*A structured, no-hype guide to owning your mornings —
and building the routine the rest of your work quietly
depends on.*

Six weeks · Twelve guided sessions · A complete companion workbook
Built for owners and professionals who are tired of running on empty.

START HERE

Why this one is different

There is no shortage of advice about waking up early. Most of it sells you a feeling and skips the part where you actually have to do it on a Tuesday when you slept badly. This guide does the opposite. It is a plain, step-by-step build — six weeks, two short sessions a week, and a workbook that does the heavy lifting between them.

The early morning isn't magic. It's just the only hour of the day nobody else has a claim on yet. For people who carry a practice, a team, or a household, that hour is often the difference between a life you're steering and one that's steering you.

This isn't about willpower or becoming a different person. It's about installing one reliable routine — twenty minutes to move, twenty to get quiet, twenty to grow — and protecting it until it runs on its own. Work the weeks in order. Don't skip the workbook. And be patient with the first two weeks; that's where everything is decided.

— The Ripple Team

THE SIX WEEKS

What you'll build

Week 1	Introduction & Goal Setting	<i>Understand the why; set real goals</i>
Week 2	Establishing the Routine	<i>Install the 20/20/20 Formula</i>
Week 3	Overcoming Obstacles	<i>Time, sleep, motivation, accountability</i>
Week 4	Building Consistency	<i>Turn the routine into a habit</i>
Week 5	Enhancing the Routine	<i>Deepen and vary the practice</i>
Week 6	Long-Term Success & Review	<i>Lock it in; plan what's next</i>

HOW TO USE THIS GUIDE

01

Two sessions a week

Each week has two short focus sessions. Read them at the start of the week; they set up the work.

02

Do the workbook

The exercises at the back are where change happens. They're built to be done between sessions.

03

Keep a journal

One notebook for the whole program. Most exercises ask you to write something down. That's the point.

04

Don't rush

Six weeks is the floor, not a race. If a week needs two weeks, give it two weeks.

The 20/20/20 Formula

The whole routine runs on one simple frame: the first hour, split into three twenty-minute blocks. Move, reflect, grow. You'll meet it in Week 1 and live in it for the rest of the program.

20

Move

Twenty minutes of exercise to wake the body — stretching, yoga, a walk, or cardio. Sweat first.

20

Reflect

Twenty minutes of quiet — journaling, meditation, planning. Get clear before the noise starts.

20

Grow

Twenty minutes of learning — reading, a course, a new skill. Invest in yourself before anyone else gets a piece.

Introduction & Goal Setting

OBJECTIVE

Understand the benefits of the 5 AM routine and set personalized goals that are actually yours.

Session 1

The 5 AM Principles

- Why the early hour works — and what it really buys you in focus, calm, and control.
- **Overview of the 20/20/20 Formula:** twenty minutes to move, twenty to reflect, twenty to grow.

Session 2

Personalized Goal Setting

- Name your goals and aspirations — the ones worth getting up for.
- Create a vision board to keep them in front of you.
- **Set SMART goals:** Specific, Measurable, Achievable, Relevant, and Time-bound.

Establishing the Routine

OBJECTIVE

Implement the 20/20/20 Formula and build a morning routine you can repeat.

Session 1

The Exercise Block

- Why physical movement comes first, and what it sets up for the rest of the day.
- **Build your 20-minute plan** — stretching, yoga, or cardio. Keep it simple enough to never skip.

Session 2

Reflection & Growth

- Introduction to reflection techniques — journaling and meditation.
- Create your 20-minute reflection routine.
- Identify growth activities: reading, learning a new skill, building toward the goals from Week 1.

Overcoming Obstacles

OBJECTIVE

Identify and remove the common obstacles that quietly kill the routine.

Session 1

Time & Sleep

- Practical tips for managing time so the morning isn't borrowed from rest.
- **Wind down the night before** — protecting sleep is how you protect the 5 AM wake-up.

Session 2

Motivation & Accountability

- Find an accountability partner or group who'll notice when you go quiet.
- Build a motivation toolkit — affirmations and quotes that actually move you.

Building Consistency

OBJECTIVE

Turn the routine from something you do into something you are.

Session 1

Habit Formation

- The science of how habits actually form — and why most attempts stall.
- **Reinforce the new routine** with habit stacking and small, honest rewards.

Session 2

Tracking Progress

- Use a journal or app to track the routine without turning it into a chore.
- Run a regular self-assessment and adjust what isn't working.

Enhancing the Routine

OBJECTIVE

Add depth and variety so the routine stays alive, not stale.

Session 1

Advanced Movement

- Bring in new types of work — strength training, intervals (HIIT).
- **Why variety matters** — it keeps the body adapting and the mind interested.

Session 2

Deeper Reflection & Growth

- Explore advanced reflection — guided meditation and mindfulness.
- Find new growth opportunities: an online course, a workshop, a real skill.

Long-Term Success & Review

OBJECTIVE

Lock the routine in for the long haul and decide what comes next.

Session 1

Review & Reflect

- Revisit the goals you set in Week 1 and measure real progress.
- Be honest about your wins and the places still worth working on.

Session 2

Plan for the Future

- Build a long-term plan to keep the 5 AM routine after the program ends.
- Set new goals and keep the personal-development engine running.

Do the work between sessions

These exercises are the program. The sessions teach; the workbook installs. Each week has two short assignments to be completed in the days between your focus sessions. Keep everything in one journal so you can look back at the end.

WEEK 1 Morning Routine Journal

- Start a morning journal. Write about your current morning and how it actually makes you feel.
- List three things you hope to gain from waking up at 5 AM.

WEEK 1 Vision Board

- Build a vision board from magazines, printouts, or a tool like Pinterest.
- Include the images and words that represent your goals and aspirations.
- Bring it to your next session.

WEEK 2 20-Minute Exercise Plan

- Run the 20-minute plan you built. Try stretching, yoga, and cardio.
- Note which kinds of movement you actually enjoy — those are the ones that'll last.
- Record each session in your journal.

WEEK 2 Reflection & Growth

- Spend 20 minutes each morning journaling or meditating.
- Read or listen to something for growth for 20 minutes.
- Write a short summary of what you learned and how it ties to your goals.

WEEK 3 Time Management Worksheet

- Map your daily schedule and find the time-wasters hiding in it.
- Plan how to cut or shrink them.
- Adjust your evening so you're set up for a real 5 AM wake-up.

WEEK 3 Motivation Toolkit

- Write the affirmations and quotes that genuinely resonate with you.
- Find an accountability partner and set up regular check-ins.
- Journal about how the first three weeks have felt.

WEEK 4 Habit Tracker

- Use an app or a printable tracker to monitor the morning routine daily.
- Watch for patterns — both the wins and the recurring snags.

WEEK 4 Self-Assessment & Adjustments

- Complete a self-assessment of how well you're holding the routine.
- Note what's working and what isn't, then make real adjustments.
- Share your findings at the next session.

WEEK 5 Advanced Movement

- Fold strength training or HIIT into your 20-minute block.
- Record how you feel before and after these sessions.

WEEK 5 Deeper Reflection & Growth

- Try guided meditation or a mindfulness practice.
- Pick one new growth activity — a course or workshop — and give it 20 minutes a day.
- Write a short reflection on how it's changing your thinking.

WEEK 6 Goal Review & Reflection

- Revisit the goals from Week 1. Note your progress and how your perspective has shifted.
- Reflect on your wins and the places still worth working on.

WEEK 6 Future Planning Worksheet

- Outline your long-term plan for keeping the 5 AM routine alive.
- Set new short-term and long-term goals.
- Write a commitment statement to yourself for the road ahead.

TOOLS & RESOURCES

What you'll want on hand

None of this is required to start — a notebook and an alarm will do. But these make the routine easier to keep, and the program leans on a few of them.

Journals

One notebook for tracking progress and reflections across all six weeks.

Apps

Habit-tracking, meditation, and fitness apps to support the daily routine.

Reading Materials

Books and articles on personal development, productivity, and well-being.

Community

Online forums, social groups, or local meetups for accountability and support.

PRINTABLE COMPANIONS

Morning Routine Journal Template

A simple guide for the daily entry.

Vision Board Guide

Step-by-step instructions for building yours.

Time Management Worksheet

For mapping and tightening the daily schedule.

Motivation Toolkit Checklist

To assemble your personal set of fuel.

Habit Tracker

Printable or app-based, to monitor the routine.

Self-Assessment Worksheet

For an honest weekly check on adherence.

Future Planning Worksheet

To map long-term success past Week 6.

STAYING ON TRACK

Weekly Check-ins

Brief reviews to discuss progress and work through challenges.

Monthly Workshops

Deeper sessions on growth, productivity, and well-being.

Continuous Learning

Fresh resources and courses to keep the routine engaging.

KEEP GOING

The hour is yours. Now build the rest.

If owning your mornings starts to change how you run everything else — your work, your team, your practice — that's not a coincidence. The same principle scales. When you're ready to bring that kind of calm, deliberate structure to the bigger picture, we're here.

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