

## 30-Day Wake-Up at 5AM Challenge

### Goal:

To build a consistent 5AM wake-up habit with energy, discipline, and purpose.

### **WEEK 1 — Foundation (Days 1–7)**

**Focus:** Resetting sleep cycle & reducing resistance.

#### Daily Targets:

- Sleep by **10:00 PM**
- No screens after **9:30 PM**
- Keep phone **outside bedroom**
- Drink 1 glass of water immediately after waking
- Do NOT hit snooze (place alarm across room)

#### Mini-Tasks:

- Day 1: Clean your sleep environment
- Day 2: Fix consistent bedtime
- Day 3: Identify 3 morning motivations
- Day 4: Light stretching for 5 minutes
- Day 5: Create your morning playlist
- Day 6: Prepare clothes the night before
- Day 7: Review week & reward yourself

### **WEEK 2 — Momentum (Days 8–14)**

**Focus:** Adding structure + discipline.

#### Daily Routine:

- 5 AM Wake-up
- 5:00–5:10 → Hydrate + Deep breathing
- 5:10–5:30 → Light workout or walk
- 5:30–5:45 → Shower
- 5:45–6:00 → Journal or plan your day
- 6:00–7:00 → Skill-building hour (SQL Server / reading / meditation)

#### Mini-Tasks:

- Day 8: Remove one bad morning habit
- Day 9: Set 3 focus goals for the day
- Day 10: Reduce caffeine after 3 PM
- Day 11: Try 10-minute meditation
- Day 12: Listen to motivational podcast
- Day 13: Track sleep on your phone/notebook
- Day 14: Weekly reflection

### **WEEK 3 — Discipline (Days 15–21)**

**Focus:** Strengthening mindset + energy management.

#### Daily Routine Add-ons:

- Cold shower (optional)
- 20–30 min deep work session

- Evening digital detox (9 PM rule)

**Mini-Tasks:**

- Day 15: Remove clutter from workspace
- Day 16: Try new workout (HIIT / yoga)
- Day 17: No junk food day
- Day 18: 30 mins book reading
- Day 19: Create a personal affirmation
- Day 20: Track your productivity for 1 day
- Day 21: Mid-challenge self-reward

**WEEK 4 — Mastery (Days 22–30)**

**Focus:** Locking the habit into your lifestyle.

**Daily Routine:**

- 5 AM wake-up
- Morning routine as usual
- Add 1 hour of **Deep Work** daily (SQL/DBA skills, study, projects)
- Focus on consistency, not perfection

**Mini-Tasks:**

- Day 22: Prepare a 5AM ritual card
- Day 23: Limit phone use until 7 AM
- Day 24: Do a 45-min workout
- Day 25: Plan weekly meals to avoid junk
- Day 26: Review long-term goals
- Day 27: Teach something you learned
- Day 28: No social media morning challenge
- Day 29: Set habits for next month
- Day 30: 5AM Challenge Graduation 