

THE 5 AM CLUB: CONSTITUTIVE DOCUMENT

(This is only a sample constitutive document. I invite use this as a base to create your constitutive document to set up your own 'The 5 AM Club'. It is important that you agree what you are team for, what are your team promises, what are your standards and your practices. What I have provided below is just indicative. Please use your creative power to design your own 'The 5 AM Club'. This is the start of setting up your own 'The 5 AM Club')

MEMBERS ON YOUR 'THE 5AM CLUB'

- XXXXXXXX
- XXXXXXXX
- XXXXXXXX
- XXXXXXXX
- XXXXXXXX

WHAT ARE WE A TEAM FOR?

We are the support structure for each other to act powerfully in the matter of our life, and to achieve the future of our design.

WHAT ARE OUR KEY PROMISES?

- We will be a stand for each other and for the future each one of us declares
- Take calls to declare our possibilities every morning at 5.00am (Monday to Saturday)
- Not make excuses and respectfully show other members when we believe they are making excuses
- Take care of what others in the group (and outside) care about.

WHAT ARE OUR STANDARDS FOR TEAM WORK?

- Recognize each other as possibilities at all times (especially when the other person does not see himself / herself as one)
- Mutual respect and care for each other
- Maintain confidentiality
- Honest communication, not for the sake of looking good
- Make our commitments authentically
- Establish Conditions for Satisfaction with each commitment

WHAT ARE OUR STANDARD PRACTICES?

- Creating a Future document for every year, and break it down to quarterly future documents
- Review of the Future Document at the end of every quarter
- Weekly Action Plans by Monday afternoon every week
- Monday to Saturday, attend calls at 5.00am
- Inform in advance if not attending the call
- Create ourselves as possibilities every day in the calls (and outside the calls where required)
- Report on the results each person generated in the previous day / map them to the commitments made
- Create the results each person will generate in the day
- Seek support from team members where required
- Declare new learning for the week every Monday

Structure of daily calls

We recommend that your daily calls be for between 15 minutes to 30 minutes maximum. The recommended structure of the call is:

1. Each person declares what he or she will achieve in the day (1 minute)
2. Each person reports on what he or she achieved yesterday (40 seconds)
3. Each person states 'who they declare themselves to be for that day'. For example, we regularly had group members in our group create themselves as a Force of Nature, as the best employee of their organization, a compassionate person, a bold and a courageous person, and so forth. Once you create yourself as a force of nature, what actions do you think you would take in the day? Would they be the same actions that you take otherwise everyday?