



# Book Review

**TITLE:** The Everyday Hero Manifesto  
**AUTHOR:** Robin Sharma  
**DATE:** January 2023

## PRE-READING

Why are you reading it? Was it a recommendation? What do you know about the topic? Flip through the book - is there anything that catches your eye?

I read another of his books, The Leader With No Title and agree with that concept. I've heard great things about The 5 am Club too so I thought I would read this book.

## A-HA MOMENTS

What a-ha moments did you have when reading?

- "If you wait for conditions to be perfect before you launch your highest dream, you'll never begin." (p. 13)
- "the birth of something better always demands a death of something familiar" (p. 78)
- "...If you don't see yourself as the kind of person who has what it takes to accomplish world-class results, you won't even start to do the work required to achieve world-class results. What would be the point?" (p. 280)

## QUESTIONS

What questions do you have after reading that you want to investigate?

- How do I foster contentness?
- How do I set up a creative area where I can block out distractions? Is Remedy that for me?
- Can I rethink willpower in the context of how he describes it on p. 218

## CONNECTIONS

Can you relate what you read to another book, talk, podcast, topic?

- He talks a lot about habits which is like James Clear's Atomic Habits
- He quotes Theodore Roosevelt's Critic in the Arena speech that Brene Brown often references.

## ACTIONABLE IDEAS

What are 2-3 actionable items that you can implement?

- Read The Monk Who Sold His Ferrari and The 5 am Club
- Make a list of "can't" thinking and turn it into "can" thinking (p. 28)
- Be careful with my words and see what I can do to improve my positive thinking

## POST-READ REFLECTIONS

Did you like this book? Are there other books by this author or on this topic that you might want to read? Would you recommend it to someone? Is there something from this book you want to learn more about?

This was a pretty easy read with fairly short chapters. There is some great stuff in there that I want to revisit around believing you can achieve your dreams. I loved all the connections to James Clear and Brene Brown.