

The 5 Second Rule



Ways to use the 5 second rule:

- To push yourself
- Become more influential at work
- Be more productive
- Step outside your comfort zone
- Become more efficient at networking
- To self-monitor and control your emotions
- To manage, engage, motivate, and encourage team members

Every single day we face moments that are difficult, uncertain, and scary. Our life requires courage. And that is exactly what the Rule will help you discover—the courage to become your greatest self.

Courage

Courage is the ability to do something that is difficult or scary. Stepping **outside of your comfort zone**. Sharing your ideas, speaking up, or showing up. Standing firm in your beliefs and values.

Goals & dreams

When it comes to goals, dreams, and changing your life, your inner wisdom is a genius. Your goal-related impulses, urges, and instincts are there to guide you. You need to learn to bet on them.

THE 5 SECOND RULE

“The moment you have an instinct to act on a goal you must count 5-4-3-2-1 and physically move or your brain will stop you.”

For example: If you start to feel too tired to exercise, count 5- 4- 3- 2- 1 and **push yourself** out the door for a run. Don't give yourself time to come up with any further excuses.

Taking action

- **Pushing yourself** to take **simple actions** creates a chain reaction in your confidence and your productivity.
- By pushing yourself to take the simple steps of moving your life forward, you **create momentum** and experience a sense of freedom and power that's hard to accurately describe.

Small moves

It's not the big moves that define our lives; it's the smallest ones. Within five seconds of stopping to think, you'll have decided not to take any action on those small things.

The fact that hesitating, holding yourself back, and overthinking are habits is good news. There's a simple, proven way to break or replace bad habits and the 5 Second Rule is the easiest way to do it.

HOW DO I USE THE RULE

Start by counting backwards to yourself: 5- 4- 3- 2- 1. The **counting** will help you **focus** on the **goal** or commitment and **distract** you from the **worries**, thoughts, and fears in your mind. As soon as you reach "1," move. That's it. Anytime there's something you know you should do, but you feel uncertain, afraid, or overwhelmed...just take control by counting backwards 5- 4- 3- 2- 1. That'll quiet your mind. Then, move when you get to 1.

THE POWER OF COURAGE

That's what courage is. It's a push. The kind of push we give ourselves when we stand up, **speak up, show up, go first**, raise our hand or do whatever feels hard, scary, or uncertain.

Follow your dreams

The difference between people who make their dreams come true and those of us who don't is just one thing: the **courage to start** and the **discipline** to keep going.

How to start

The fastest way to implement the #5SecondRule is to start by doing a simple Wake Up Challenge that you can do tomorrow morning to jumpstart your use of the Rule. Just set your alarm 30 minutes earlier than usual, and the moment it rings count 5-4-3-2-1 *push yourself out of bed*.

You'll experience a concept called "*activation energy*" and feel how hard it really is to push yourself to do simple things.

Procrastination

Productive procrastination – this is not the problem. If you are working on a creative or innovative project, research shows that procrastination is not only good, but it is also important. The creative process takes time, so when you set a project aside for a few days or weeks, your mind can wander.

Destructive procrastination – is when we avoid the work we need to get done and know there will be negative consequences. For a long time, everyone believed *procrastination* meant *poor time management skills*, a lack of willpower, or lack of self-discipline. Procrastination is not a form of laziness at all. It's a coping mechanism for stress.

If procrastinating is a habit, you have to replace the bad behavior pattern (avoidance) with a new positive one (getting started).

The moment you feel yourself hesitate, doing easier tasks, or avoiding hard work, use *the Rule, 5-4-3-2-1 push yourself* to start the important thing you need to do.

The 5 Second Rule summary YouTube videos

1. <https://bestbookbits.com/the-5-second-rule-transform-your-life-work-and-confidence-with-everyday-courage-by-mel-robbins/>
2. <https://www.youtube.com/watch?v=bFqQGXnF-VU>
3. <https://www.youtube.com/watch?v=gP5hHyTnsdE>