



Get more of what you want and less of what you don't, both personally and professionally.

The 5 Second Rule

"I was the problem and in five seconds, I could push myself and become the solution."

— Mel Robbins



STEPS TO SUCCESS



PERSONAL PLAN

5...4...3...2...1! GO!

Write down the goals you have for yourself and your behavior such as "wake up earlier", "eat less dairy", "exercise more", etc. Then, write down *why* you want these things!

What is your why?

When you are about to do something that sabotages those wants, you will have a gut feeling *not* to do what you are about to do. A feeling like you *should* do something else.

When you feel that, recognize it and before you have the chance to talk yourself out of it, count backwards from 5 and GO!

5...4...3...2...1!

Jump out of bed instead of hitting snooze, put the cheese down, put on your running shoes on and get out the door!

Whatever you feel like you *should* do, do it!

Remind yourself of your goals by looking back at your list often and remembering *why* you want them!



No matter how small your step, as long as you take it in the right direction, that's Positive Forward Motion.