



How do you spend the First 5 minutes of your workday now?

If you're like most of us, you dive right into the Current of emails, voicemails, or copying your to-do list from the day before. This virtually ensures you will spend the rest of the day reacting, "busy," and distracted.

Try a different First 5.

The First 5 minutes sets the entire rest of the day in motion. How about using that time to *design* your day before you actually start *doing* it? This will greatly increase the odds you will be focused, energized, and in control of the rest of your day.

All we are suggesting is that you try something different with .4% of your day. There is one thing we can guarantee: *If you keep doing what you've always done, you'll get what you've always gotten.*

Give yourself the gift of doing a First 5 (F5) every day for a week. Then assess the positive difference it makes for you. By the end of the week we think you'll be looking forward to your F5 time. We predict that you'll think of it as a lifeline, a kind of oasis from the frenetic Current.

Why is it so important to start the F5 practice the first day after the training session?

The first week following one of the Quotidian sessions is a critical period. This is the optimal time for new and helpful skills to take root. We all know what happens if we don't immediately review and put into practice what we "learn" at off-sites, no matter how interesting or inspiring they were. Any momentum you had built up totally dissipates. You end up where you started—back in the Current, letting it pull you along to wherever it wants to take you, with nothing having changed for the better.

Whether or not you try at least one F5 practice the first week (and preferably the first day back in the office), will determine if you can build your own momentum toward positive, productive change.

What if I'm too busy, tired, or stressed?

When are you *not* too busy, tired, or stressed? That's the problem! When you have a bevy of excuses to skip your First 5 is precisely when you most need to take time to become intentional, focused, and calm. Otherwise, your day is virtually guaranteed to be out of control, continuing on the path of stress and busyness, away from what you really want.

How do I select my F5 practice? Make it easy!

Choose the one that fits best for you. It should do one or more of the following:

- It doesn't sound like more work
- It gets stuff out the way
- It releases energy and reduces stress
- It's as simple as possible
- It helps you create the day you want
- It makes your life easier!

“Practice is the best of all instructors.”

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