

"You are one decision away from a completely different life"

Using the Rule is simple. Whenever you feel an instinct fire up to act on a goal or a commitment, or the moment you feel that yourself hesitate on doing something and you know you should do, 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.

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

The Rule will work every time you use it. But you have to use it. It is a tool. If you stop using it, fear and uncertainty will creep back in and take control of your decisions. If that happens, just start using the Rule again.

Physical movement is the most important part of my Rule, too, because when you move your physiology changes and your mind follows.

The Rule is a simple, research-backed metacognition tool that creates immediate and lasting behavior change.

Metacognition, by the way, is just a fancy word for any technique that allows you to beat your brain in order to accomplish your greater goals.

As you use the Rule over time, you'll experience a shift inside yourself that is much deeper, a transformation that impacts confidence and inner strength.

You will come face to face with the excuses, habits, feelings, insecurities, and fears that have haunted you for years.

### The 5 Second Rule

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### Application Ideas

Over time, as you repeat the Rule, you destroy that system all together.

One thing most of us don't realize is that patterns of thinking like worrying, self-doubt, and fear are all just habits—and you repeat these thought patterns without even realizing it.

It's okay to be scared. Being scared means you're about to do something really, really brave.

The 5 Second Rule  
Mel Robbins

Everyday life is full of moments that are scary, uncertain, and difficult.

Facing these moments and unlocking the opportunity, magic, and joy in your life requires tremendous courage.

Courage teaches us all that it's not the big moves that change everything—it's the smallest ones in your everyday life that do

We waste so much of our lives waiting for the right time to have the conversation, ask for the raise, bring it up, or start things.

Courage	<p>It reminds me of that famous Wayne Gretzky quote: "You miss 100% of the shots you don't take." Here's the thing—you never regret the shots you do take but you always regret holding back.</p> <p>Legendary psychologist Mihaly Csikszentmihalyi applied this concept to human behavior, blaming activation energy as one of the reasons why making change is so hard.</p> <p>He defines activation energy as that "initial huge push of energy that's required to change"—whether it's to get a stalled car to move forward or yourself out of a warm bed in the morning.</p>
Confidence	<p>A big mistake people make is thinking that confidence is a matter of personality. Confidence just means that you believe in yourself, your ideas, and your capabilities. Anyone can learn how to become more confident. It's not a personality trait. It's a skill.</p> <p>Confidence in yourself is built through acts of everyday courage.</p> <p>A good life is made up of small steps—"making tough decisions," "being able to say no," even "getting out of bed and taking the dogs out" just because you said you would—they may be little steps in "learning to trust" yourself, but they are the most "exhilarating" moves that you can make for your confidence.</p> <p>Sometimes there is no next time, no second chance, or no time out. Stop waiting. It's now or never. When you wait, you aren't procrastinating.</p> <p>You are doing something more dangerous. You are deliberately convincing yourself "now is not the time." You are actively working against your dreams.</p>
Two kinds of procrastination	<p>If you are working on a creative project or an innovative idea, 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.</p> <p>That extra time spent mental wandering gives you the ability to come up with more creative, "divergent" ideas that enhance your project.</p> <p>Productive Procrastination</p> <p>Destructive procrastination is an entirely different animal. It's when we avoid the work we need to get done and know there will be negative consequences. This habit really comes back to bite you in the end.</p> <p>Destructive Procrastination</p>
Elements of Flow (Mihály Csikszentmihályi)	<p>Clear Goals at a abstract and granular level</p> <p>There is immediate reporting and feedback</p> <p>There is a balance between challenges and skills.</p> <p>Action and awareness becomes one</p> <p>Distractions are excluded from consciousness.</p> <p>Fear of failure tapers away</p> <p>Self-consciousness disappears</p> <p>Distortion of time</p> <p>The activity and person becomes autotelic.</p>