



the first 5

Not all minutes in your day are created equally. Some are merely part of the blur and swirl of busy-ness. But others set the course for the rest of the day. They're like the first domino—what they do determines what all the others will do.

So, how do you spend these most important first few minutes? If you're like most of us, you dive right into your emails, go into a meeting, or copy over your to-do list from the day before. This sets in motion a day of reacting, being "busy," and feeling out of control. How about using that time to design your day before you actually start doing it?



Your first 5 minutes sets the trajectory for your entire day.

John Ficken

try this

Starting today, send your day on a different trajectory. Try doing something different with your first 5 minutes. (That's just 0.35% of your day.) What a great investment!

Go appreciate someone (like now).

Get clear on how you want to *end* your day.

Get your head in the game.

Take stock of the previous day.

Or pick another QCard to do!