



## the first five

Not all minutes in your day are created equally. Some are simply part of the blur. But others, well, others set the course for the entire day. The First 5 minutes of your work day is a great example of that kind of trajectory setting.

So, how do you spend these most important first few minutes? If you're like most of us, you dive right into your emails and voicemails, or copy 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?



If I had an hour to save the world, I would take the first 50 minutes to define the problem.

Einstein

## try this

Starting today, try doing something different (anything different!) with your first 5 minutes. (That's just 0.4% of your day.) What a great investment!

Create a mantra. Read some jokes. Connect with someone. Take stock of the previous day. Celebrate something. Write a note of appreciation.

If none of those work for you, let us know. We've captured the best of our clients' First 5 ideas and we're happy to share them with you!