

5 SIMPLE HABITS

# To Change Your Life

Mel Robbins

# Congratulations!

You're about to take control of your life with five simple habits you can start using right now.

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## If you feel:

- Overwhelmed by your work or family, or both  
**"I need a break!"**
- Trapped by your thoughts or circumstances  
**"I'll never get ahead."**
- Frustrated with your lack of confidence or motivation  
**"Why can't I keep my commitments?"**

These habits will help you create a more positive mindset, forge new brain pathways, so you can be more confident, productive, and fulfilled.

Once you know the tricks, watch out – there is no stopping the unstoppable YOU.

I'll walk you through my top 5 mindset tricks in a minute, but first, you've got to know this:

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# You find the control with habits

These mindset tricks require you to create new habits. Because if you keep the same old habits, you get the same old results, right?

So I'm going to be pushing you to do something new—actually, 5 new things, in this guide. They will create exciting results for you, and the more you use them, the more powerful they become.

Each of the 5 Mindset Tricks are habits, grounded in powerful research. They're very simple and effective, and I want you to use them every day.

Let's get started creating your new  
habits and your new life!

# PRACTICE THE HIGH 5 HABIT

The High 5 Habit isn't about high fiving  
everyone else in your life.

You're already doing that. You're celebrating your friends. Cheering for your family. Supporting the people you love as they go after what they want. Imagine if you gave that same love and encouragement to yourself. Or even better, you made it a daily habit.

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The High 5 Habit is making it a habit to support,  
empower, and celebrate yourself.

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The easiest way to start is by high fiving your reflection in the mirror in the morning.

You have a lifetime positive association with high fiving other people. So when you high-five yourself, that positive association changes your neural pathways and rewires your mindset to be more positive. It overrides any negative self-talk. It beats down your inner critic.

# The High 5 Habit has two simple, but powerful steps:

1

Standing in front of the mirror, just be with yourself for a second.

Don't focus on your appearance. Go deeper. See the person inside that body. The spirit beneath the skin, and the soul behind that face.

2

When you feel ready, high-five yourself in the mirror.

Notice how your mind goes quiet. You might feel a boost of energy. You might feel a sense of comfort, and you might feel like your telling yourself "It'll be okay." You might think, "I got this." It's a powerful moment. Without saying a word you're telling yourself, I love you. I see you. I believe in you.

Let's go. Don't rush it. This moment is for you.

High five yourself first thing every morning.

# Why This Mindset Trick Works:

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- **High fiving yourself impacts your productivity.**

Start the day in a positive state and you're more likely to take action and shift your focus on the possibilities around you. Basically, the high five turbo-charges your day.

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- **High fiving yourself teaches you to put your own needs first – from the moment you wake up.**

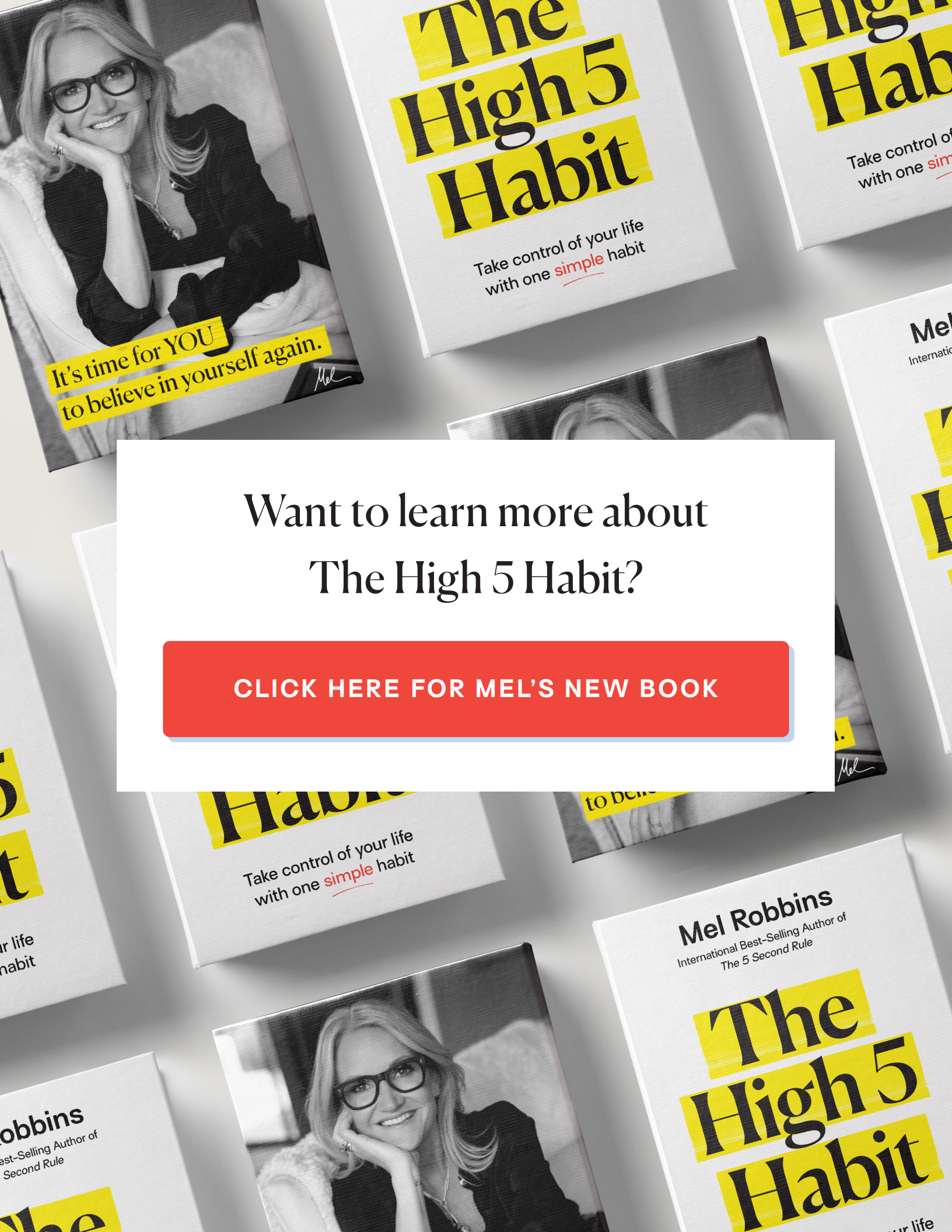
Instead of getting up and looking at social media, or emails, or taking care of everyone else, just take a moment and give that same love, support, and attention to yourself.

**And if a high five feels stupid, uncomfortable, cheesy, or lame that's the resistance talking. It's just an indicator of how starved you are for this kind of love and attention.**

Give it five days. Each morning, high-five yourself in the mirror. At the end of the week, you may be surprised by how good it feels!

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Want to learn more about  
The High 5 Habit?

[CLICK HERE FOR MEL'S NEW BOOK](#)

# HIGH 5 YOUR HEART

Studies show that without first calming your anxiety and settling your nervous system, there is NO WAY you'll be able to change anything.

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A high-five to your heart gets you into a calmer state so you can make the real changes you want in life.

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Use this trick anytime you feel stressed out, overwhelmed, or when your thoughts are spinning. You can use it first thing in the morning, like I do, or during your commute or when you're standing in line at the store.



# A high five to the heart has two simple steps:

1

Take a deep breath, close your eyes, and  
put your hands on your heart.

2

Tell yourself, “I’m okay. I’m safe. I’m loved.”

Repeat it as many times as you need. Feel the relief that flows into your heart and mind. You may need to say it a dozen times, or a hundred times. You may need to exhale deeply as you do.

You’ll feel your body settle—you’ll feel more connected to yourself, even the first time you use it. This habit will infuse you with a sense of peace and surety.

# Why This Mindset Trick Works:

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- You're literally teaching your body what it feels like to be safe. Each day as you continue to practice it, you will soothe your weary nervous system, retraining it to settle and to relax.
- I want you to take this habit one step further to get even more benefits; say your name in the statement. "Mel, you're okay. Mel, you're safe. Mel, you're loved." This allows you to separate the voice that's talking to you from yourself.
- When you talk to yourself in the third person, you leverage a concept in psychology called "the power of objectivity." Using your name gives you a more objective perspective and makes you better able to deal with negative emotions, even in highly charged situations.
- When you're stressed-out, your brain flips into survival mode. It won't let ANY new positive information into your higher brain, where you learn skills and create memories. Instead, all it wants you to see are the threats around you. That's why morning stress can feel like a gravity blanket pinning you down.

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Turning off your body's stress response is as simple as putting your hand on your heart and giving it a high five, which will slow your body down and turn on your "rest and relax" nervous system.

I want you to try it today: high-five your heart and repeat "I'm okay, I'm safe, and I'm loved."

# USE THE 5 SECOND RULE

This started as a simple trick I used to get out of bed during the worst moment of my life--and it has grown into a global phenomenon that has changed the lives of millions.

The 5 Second Rule is now used by healthcare professionals, veterans' organizations, and the world's leading brands to help people become more courageous, accomplish goals, and change behavior. And it will do the same for you.

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The 5 Second Rule helps you take action on anything.

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# The 5 Second Rule has one simple step:

1

When you feel yourself hesitate before doing something that you know you should do, count 5-4-3-2-1-GO and move towards action.

As soon as you reach “1,” push yourself to move. If you don’t, your brain will kill the idea. You’ll stay stuck.

This is how you push yourself to do the hard stuff – the work that you don’t feel like doing, or you’re scared of doing, or you’re avoiding.

# Why This Mindset Trick Works:

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- The 5 Second Rule is a metacognition tool that helps your brain bridge the gap between thought and action.

That gap is like a big canyon in your brain and most of us let our good ideas or inspiration fall into the canyon, over and over again. The 5 Second Rule is like a bridge over the canyon.

- There is a window that exists between the moment you have an instinct to change and your mind killing it.

It's a 5-second window. And it exists for everyone. If you do not take action on your instinct to change in those critical 5 seconds, you will stay stagnant. You will not change.

If you do one thing—take even the tiniest action, you can prevent your mind from working against you.

You start the positive momentum before the barrage of thoughts and excuses hit you at full force.

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# Why This Mindset Trick Works:

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- Counting down will focus you on the goal or commitment and distract you from the worries, thoughts, and excuses in your mind. Counting engages the non-emotional parts of your brain so action comes more easily.

The Rule doesn't make things easy. It makes them happen.

Every single day we face moments that are uncertain, scary, and difficult. These moments require courage. And you know what? Courage is a SKILL. It's something we build, one 5-second action at a time.

When you discover your courage, you will realize that you are capable of accomplishing and experiencing anything that you dream about.

And now that you know WHAT The 5 Second Rule is, you can learn the story behind it, the powerful science, and stories about how people are using it by [clicking here](#) to get The 5 Second Rule book. It's sold almost 2 million copies and has over 100,000 five-star reviews across all platforms.

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# ALARM RINGS, YOU'RE UP

If you want to change your life, it begins in bed, every single morning.

The moment your alarm rings, it's time to work on the core skill that you need to change any area of your life. Change doesn't require motivation.

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**Change requires discipline.**

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You need the discipline to do what you said you were going to do. If you don't have enough discipline in your life, you won't be able to follow through on any changes you want to make. So we're starting small.

# Here's the simple step to creating that discipline:

1

When that alarm rings, instead of hitting  
snooze, get right out of bed.

# Why This Mindset Trick Works:

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- **Changing your life requires discipline and follow through.  
Ask yourself: Can you keep a promise to yourself?**

Can you keep a promise to yourself when it feels uncomfortable?

Can you keep a promise to yourself when suddenly you don't want to?

Can you keep a promise to yourself when it'd be easier not to?

Start to practice the skill of showing up for yourself no matter what by simply setting the alarm the night before. When the alarm rings, it's time to keep that promise. No matter what you're feeling, your number one job is to keep that promise to yourself. Get up as soon as it rings.

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- **The snooze button is killing your productivity.**

The snooze button is the productivity killer you've never heard of: sleep inertia.

We sleep in 90-110 minute cycles. When the alarm rings, you're awake. Then you fall back to sleep. When the "snooze" alarm goes off 15 minutes later, the part of the brain responsible for decision-making, attention, alertness, and self-control, is still in the sleep cycle.

It won't be able to snap awake; the sleep cycle needs 75 more minutes to finish what that snooze button started. That's the sleep inertia.

That's why you feel so darn groggy when you get up after hitting the snooze.

Stop focusing on WHEN you wake up, and focus on HOW you wake up. So, tomorrow, the alarm goes off. 54321-UP. No snooze. Seize the day, and prepare yourself to be extra productive.

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## ■ Changing your reason for getting up gets you more fired up.

Tomorrow, get out of bed when the alarm rings for YOURSELF. Not for your boss, or for your kids, or your partner.

You become a driver in your life when you get out of bed for yourself. Choose your life and be responsible for it – realize that when you get out of bed you're waking up and starting the day for yourself.

Do it every morning, along with these other mindset tricks and you are building the habit of consistency. And that habit of consistency is the backbone to all change.

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# BE KIND TO YOURSELF

I know what you're thinking, "Mel, come on. Be kind?? I want proven mindset tricks and you're telling me THIS?"

Yes. This is actually one of the most important tricks you can do. Understand this:

**Being kind to yourself has the power to completely change your life—yet self-acceptance is the positive habit that we practice the least, according to research.**

You'll drink the kale smoothie, go to the gym, get up earlier, cut out gluten, and meditate...and the entire time beat yourself up about the fact that you're still not doing enough or not doing it right. That's why being kind to yourself is what really matters.

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**When you are trying so hard to improve your life but letting your Inner Critic rip up everything you've done, it's like slamming on the gas pedal and pulling up on the emergency brake. You're going nowhere.**

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# Here's how to be kind to yourself in 2 simple steps:

1

**Lower or change your expectations to fit the situation. It's okay to be doing less or stressed out.**

You need to change your expectations and realize that right now is a moment in time where your number one priority is to be kind yourself.

2

**Celebrate the little wins.**

We spent so much of our lives attaching our worth to things outside of ourselves. We feel we're only worthy of love or celebration when we get that A+, that raise, that engagement, or that win. The truth is, we are worthy just as we are. We were born worthy.

Every day that you wake up, you are worthy of celebration and praise. Affirm yourself, no matter what's going on. That is a powerful way to be kind to yourself.



# Why This Trick Works:

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- When researchers study all the things that you could change that make a meaningful impact on the quality of your life, the single most important change is making it a habit to be kind to yourself.
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- Another study found that all the #1 predictor of how happy and satisfied you would be is self-acceptance. They also found that the least practiced habit was (you guessed it) self-acceptance.

A daily high five in the mirror is another great way to practice self-acceptance. Every morning, just by getting up on time and starting your day, you've accomplished something--so celebrate it! Give yourself a high five in the mirror and tell yourself you're doing a great job.

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# There you have it:

5 simple habits that will change your life. I practice each of these five habits every single day. While they are all small individually, when you do them together, they create a powerful shift in your life.

Thanks so much for reading, and I can't wait for you to try them out. And once you put them into practice, let me know what you think!

**Tag me online and tell me  
what you've learned.**



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