



CHAPTER ONE



How to start using the rule



Chapter Summary

In this chapter, Mel Robbins introduces a practical challenge to implement the 5 Second Rule: waking up 30 minutes earlier and immediately counting down from five to push yourself out of bed. She emphasizes the concept of 'activation energy' necessary for initiating change, explaining that overcoming this initial struggle sets the tone for the day. By mastering this routine, you can create a chain reaction that positively impacts other areas of your life. The chapter highlights personal experiences from others who have successfully used the Rule to enhance their mornings and, in turn, their lives. Ultimately, the 5 Second Rule is presented as a powerful tool for waking up not just physically, but to the potential within you.



Embrace the Wake Up Challenge



Start your journey with a simple challenge: set your alarm 30 minutes earlier and get up as soon as it rings. There's no room for excuses, just the countdown from 5-4-3-2-1. This straightforward task is your first step toward lasting change.

Simplicity in Change



Change is often simple, yet it can feel daunting. By mastering your morning routine, you unlock the ability to tackle other areas of your life. Taking action, despite your feelings, is what leads to transformation.



Understanding Activation Energy



Activation energy is the initial push required to make a change. When faced with a new challenge, such as getting out of bed, this energy feels daunting, but it's necessary for movement and progress.

Feel the Resistance

Experiencing resistance is crucial. It teaches you about the comfort of inaction and the discomfort of change. Understand how resistance can become a barrier to achieving your goals.



The Power of Small Actions

Rising the moment your alarm goes off empowers you. Every morning you get up on time, you're asserting your capability to take control of your day, fueling your mindset for success.

A close-up, low-angle shot of a woman's face in profile, looking upwards. Her hair is blonde and slightly tousled. The background is a soft, warm light, possibly from a window with sheer curtains. The overall mood is serene and hopeful.

Positive Morning Effects

By using the 5 Second Rule to seize your mornings, you can set a positive tone for the entire day. This simple shift creates momentum for all your pursuits and encourages a proactive attitude.

Prepare for Resistance

Expect to feel tired and resistant when you first try the Wake Up Challenge. Recognize these feelings for what they are, and use the countdown to override them.

"Anticipate your doubts; they are part of your journey."

Transform Your Mindset

Initial struggles will evolve into transformations. Over time, you'll notice a change in mindset, energy, and motivation that can lead to pursuing new opportunities in life.

"Your mindset can shift with each brave choice you make."

The Trickledown Effect



Waking up early and overcoming inertia positively influences other aspects of your life. It empowers you to plan, set goals, and follow through, propelling you forward.

Unlock Your Potential



The 5 Second Rule is not simply about waking up—it's about igniting your inner strength. Use this rule to awaken every part of your life, breaking free from autopilot.



Recap

- "The moment the alarm rings is a pivotal point for change."
- "If you can change your mornings, you can change your life."
- "Getting up early is a declaration of your power."
- "A good morning can change your whole day."
- "Anticipate your doubts; they are part of your journey."



Thank You

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