

AI-00956 Rule 25-5

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Explain the 5/25 rule

The 5/25 rule is a popular productivity strategy attributed to investor Warren Buffett. It's a simple framework for prioritizing your goals and achieving greater focus. Here's how it works:

1. **List down your top 25 goals.** This could be anything you want to achieve, in any area of your life. Be honest and ambitious with your goals.
2. **Pick the top 5 goals.** These are the most important goals that resonate most with you and that you feel will bring you the most fulfillment.
3. **Focus relentlessly on your top 5.** Channel your energy and resources into achieving these goals. Put them at the forefront of your mind and dedicate time to working on them consistently.
4. **Don't forget about the rest, but put them on hold.** Don't completely disregard the remaining 20 goals. File them away for future reference. You can revisit them later when you've accomplished your top 5 or your circumstances change.

The key takeaway of the 5/25 rule is to ruthlessly prioritize. By focusing on a small number of truly important goals, you increase your chances of achieving them. It's about acknowledging that you can't do everything at once and that directing your energy towards a select few goals is more effective than spreading yourself too thin.

Perform a 5/25 rule example of an early retiree

Early Retiree's 5/25 Rule Example

Let's imagine Sarah, a 55-year-old who just took early retirement. Here's how she might apply the 5/25 rule:

1. List down 25 Retirement Goals:

- Travel to all 7 continents (adventure)
- Learn a new language (Spanish)
- Volunteer at an animal shelter (give back)
- Take a photography course (creativity)
- Write a travel memoir (self-expression)
- Start a vegetable garden (health & sustainability)
- Learn how to play the guitar (fun & challenge)
- Pay off remaining mortgage (financial security)
- Improve public speaking skills (personal growth)
- Take a road trip across the country (exploration)
- Rebuild friendships that drifted apart (reconnect)
- Learn how to code (new skill & potential career)
- Master a new recipe every month (culinary exploration)
- Go on a silent meditation retreat (inner peace)
- Help adult children with college savings (family support)
- Become a freelance writer (income & passion)
- Take a woodworking class (creativity & practicality)
- Hike a major mountain trail (physical challenge)
- Learn about astrophotography (science & wonder)
- Host themed dinner parties (socialize & share cultures)
- Declutter and simplify the home (organization & peace)
- Take online courses on various topics (lifelong learning)
- Learn how to invest in the stock market (financial growth)
- Spend more quality time with grandchildren (family bonding)

2. Pick the Top 5 Goals:

Through reflection, Sarah narrows down her top 5 goals that resonate most with her for this stage of life:

1. **Travel to all 7 continents (adventure):** Fulfills a lifelong dream of exploration and experiencing diverse cultures.
2. **Volunteer at an animal shelter (give back):** Provides a sense of purpose and aligns with her love for animals.
3. **Write a travel memoir (self-expression):** Documents her adventures and leaves a legacy for her family.
4. **Start a vegetable garden (health & sustainability):** Improves her diet, connects with nature, and promotes self-sufficiency.
5. **Help adult children with college savings (family support):** Strengthens family bonds and provides financial security for the next generation.

3. Focus on the Top 5:

Sarah creates a plan to prioritize these goals. She researches budget-friendly travel options, allocates time for volunteering at the shelter, starts outlining her memoir, takes gardening courses, and sets aside a portion of her savings to support her children's education.

4. Don't Forget About the Rest:

The remaining 20 goals are not discarded. Sarah keeps a list and might revisit them later. Perhaps she incorporates photography into her travels, or learning a new language becomes a future goal after mastering the basics of gardening.

By applying the 5/25 rule, Sarah gains clarity on what truly matters in her retirement and increases her chances of achieving those goals. This allows her to design a fulfilling and purpose-driven next chapter in her life.

Perform a 5/25 rule example of a new Resident Medical Doctor in New York (internal medicine)

5/25 Rule Example: New Internal Medicine Resident in New York City

Dr. Li, a bright-eyed graduate, just embarked on her internal medicine residency at a bustling New York City hospital. Let's see how she might leverage the 5/25 rule:

1. List Down 25 Goals:

- **Clinical Skills:**

- Develop a strong foundation in physical examination techniques.
- Master the interpretation of common laboratory tests.
- Become proficient in managing chronic diseases like diabetes and heart failure.
- Hone communication skills for delivering diagnoses and treatment plans.
- Gain experience performing procedures relevant to internal medicine (e.g., lumbar punctures, thoracentesis).

- **Professional Development:**

- Publish a case report on an interesting patient encounter.
- Present research at a local or regional medical conference.
- Begin exploring potential subspecialty fellowships (e.g., cardiology, pulmonology).

- **Work-Life Balance:**

- Maintain a healthy sleep schedule (at least 7 hours a night).
- Schedule regular exercise (at least 3 times a week).
- Connect with family and friends outside of work (weekly calls/visits).
- Develop stress management techniques (meditation, yoga).

- **Personal Growth:**

- Learn basic medical Spanish to better communicate with a diverse patient population.
- Take an online course on financial management for physicians.
- Develop strong time management and organizational skills for efficient work.

- **NYC Exploration:**

- Visit a new museum or cultural institution each month.
- Explore a different borough of NYC every quarter.

- Sample a new cuisine from a different neighborhood each month.

2. Pick the Top 5 Goals:

Through the initial challenges and long hours, Dr. Li prioritizes her top 5 goals:

1. **Develop a strong foundation in physical examination techniques:** This ensures accurate diagnoses and builds patient trust.
2. **Master the interpretation of common laboratory tests:** Enables her to effectively manage patient care and make informed decisions.
3. **Maintain a healthy sleep schedule:** Prioritizes physical and mental well-being to avoid burnout and ensure optimal performance.
4. **Become proficient in managing chronic diseases:** Prepares her for a core aspect of internal medicine and helps a large patient population.
5. **Learn basic medical Spanish :** Enables better communication with a significant portion of the patient population in NYC.

3. Focus on the Top 5:

Dr. Li dedicates extra time to practicing physical exam techniques. She utilizes online resources and study guides to master lab test interpretations. She sets sleep schedules and prioritizes time for exercise, even during busy rotations. She seeks opportunities to shadow senior residents during patient encounters with chronic diseases and observes procedures like lumbar punctures. She dedicates time to learning basic medical Spanish phrases relevant to patient care.

4. Don't Forget About the Rest:

The remaining 20 goals remain on her radar. As Dr. Li gains confidence and her workload stabilizes, she might revisit research opportunities, explore potential fellowship tracks, or dedicate more time to financial planning. Exploring the city and connecting with loved ones can become stress relievers when her schedule allows.

By applying the 5/25 rule, Dr. Li prioritizes the key skills needed for a successful internal medicine residency while acknowledging the importance of well-being. This approach helps her navigate the demanding program while laying a strong foundation for her future in medicine.