

THE

**5
SECOND
RULE**

MEL ROBBINS

**TRANSFORM YOUR LIFE, WORK, AND CONFIDENCE WITH
EVERYDAY COURAGE**

A SAVIO REPUBLIC BOOK

The 5 Second Rule:

Transform Your Life, Work, and Confidence with Everyday Courage

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THIS IS THE TRUE STORY OF THE 5 SECOND RULE

WHAT it is, **WHY** it works, and **HOW** people around the world are using it to change their lives in five simple seconds.

- The events described in this book are real.
- No names have been changed.
- The social media posts that appear throughout this book are the actual posts.

I cannot wait to share this book with you and watch you unlock the power of you.

5...4...3...2...1...GO!

Xo,
Mel

A handwritten signature in black ink, appearing to be the name 'Mel', written in a cursive style.

THE 5 SECOND RULE

TRANSFORM YOUR LIFE, WORK, AND CONFIDENCE
WITH EVERYDAY COURAGE

PART 1

THE 5 SECOND RULE

1. Five Seconds To Change Your Life
2. How I Discovered the 5 Second Rule
3. What You Can Expect When You Use It
4. Why The Rule Works

PART 2

THE POWER OF COURAGE

5. Everyday Courage
6. What Are You Waiting For?
7. You'll Never Feel Like It
8. How To Start Using the Rule

PART 3

COURAGE CHANGES YOUR BEHAVIOR

How to Become the Most Productive Person You Know

9. Improve Your Health
 10. Increase Productivity
 11. End Procrastination
-

PART 4

COURAGE CHANGES YOUR MIND

How to Become the Happiest Person You Know

- 12. Stop Worrying
- 13. End Anxiety
- 14. Beat Fear

PART 5

COURAGE CHANGES EVERYTHING

How To Become the Most Fulfilled Person You Know

- 15. Building Real Confidence
- 16. Pursuing Passion
- 17. Enrich Your Relationships

THE POWER OF YOU

Everyday Courage

Courage is the ability to do things that feel difficult, scary, or uncertain.

It isn't reserved for just a chosen few.

Courage is a birthright. It's inside all of us.

And it's waiting for you to discover it.

One moment of courage can change your day.
One day can change your life. And one life can change the world.

That's the true power of courage; it reveals you.
The greatest version of you.

Discover your courage, and you will be capable of accomplishing and experiencing anything you dream about.

Yes, even changing the world.

PART1

THE 5 SECOND RULE

CHAPTER ONE

FIVE SECONDS TO CHANGE YOUR LIFE

IF YOU'RE SEARCHING FOR

THAT ONE PERSON WHO WILL CHANGE YOUR LIFE

LOOK IN THE MIRROR

You are about to learn something remarkable—it takes just five seconds to change your life. Sounds like a gimmick, doesn't it? It's not. It's science. I'll prove it to you. You change your life one five-second decision at a time. In fact, it's the only way you change.

This is the true story of the 5 Second Rule: what it is, why it works, and how it has transformed the lives of people around the world. The Rule is easy to learn and its impact is profound. It's the secret to changing anything. Once you learn the Rule, you can start using it immediately. The Rule will help you live, love, work, and speak with greater confidence and courage every day. Use it once and it'll be there for you whenever you need it.

I created the 5 Second Rule at a time in my life when everything was falling apart. And by everything, I mean everything: my marriage, finances, career, and self-esteem were all in the gutter. My problems seemed so big that it was a struggle each morning just to get out of bed. That's actually how the Rule began—I invented the Rule to help me break my habit of hitting the snooze button.

When I used the Rule for the very first time seven years ago, I thought it was silly. Little did I know that I had invented a powerful metacognition technique that would change absolutely everything about my life, work, and sense of self.

What's happened to me since discovering the 5 Second Rule and the power of five second decisions is unbelievable. I not only woke up—I shook up my entire life. I've used this one tool to take control and improve everything from my confidence to my cash flow, my marriage to my career, and my productivity to my parenting. I have gone from bouncing checks to seven figures in the bank and from fighting with my husband to celebrating 20 years of marriage. I've cured myself of anxiety, built and sold two small businesses, been recruited to join the teams at CNN and *SUCCESS* magazine, and I'm now one of the most-booked speakers in the world. I've never felt more in control, happy, or free. I couldn't have done any of it without the Rule.

The 5 Second Rule changed everything ... by teaching me just one thing: HOW to change.

Using the Rule, I replaced my tendency to overthink the smallest moves with a bias toward action. I used the Rule to master self-monitoring and become more present and productive. The Rule taught me how to stop doubting and start believing in myself, my ideas, and my abilities. And, the Rule has given me the inner strength to become a better and much happier person, not for others, but for me.

The Rule can do the same for you. That's why I am so excited to share it with you. In the next few chapters, you'll learn the story behind the Rule, what it is, why

it works, and the compelling science to back it up. You'll discover how five second decisions and acts of everyday courage change your life. Finally, you'll learn how you can use the #5SecondRule in combination with the latest research-backed strategies to become healthier, happier, and more productive and effective at work. You'll also learn how to use it to end worry, manage anxiety, find meaning in your life and beat any fear.

And, that's not all. You'll see proof. Lots of proof. This book is packed with social media posts and first-hand accounts from people all over the world who are using the Rule to make some amazing things happen. Yes, the Rule will help you wake up on time, but what it really does is something far more remarkable—it wakes up the inner genius, leader, rock star, athlete, artist, and change agent inside of you.

When you first learn the Rule, you'll likely start using it to stick to your goals. You might use the Rule to push yourself to get to the gym like Margaret does when she isn't "feeling it."