

Worksheet

The Edge Team Training

Module 4 – Session 3

1. The 5–Second Rule

The power of courage.

EXERCISE 1.

How would your life change if you had more control over your emotions?

Comment on these statements:

“You have way more control over your emotions than you think you do.”

“Emotions that seem to be happening to you are actually made by you.”

“Emotions are built not built-in.”

2. Pick a starting point

Applying the 5-second rule. If you use the Rule to take action whenever you face challenging circumstances in your life or career, you'll be surprised at how many opportunities for growth you unlock.

EXERCISE 2.

Pick one area of your life you would like to apply the 5-second rule: (Exercise, Productivity, Early mornings, etc)

EXERCISE 3.

Would you be willing to join the 30 days challenge to use the 5-second rule every day for 30 days?

I'm interested in doing the challenge for the next 30 days!

YES: _____

NO : _____