



THE 2025 5-MINUTE GRIND

THE MINIMALIST'S E-GUIDE TO SUCCESS: HOW TO
TURN SMALL EFFORTS INTO MAJOR RETURNS.





Welcome!

Are you tired of making New Year's resolutions that you never achieve? I certainly was! Let's keep it real. "The Grind" popularized by social media influencers simply isn't realistic for most of us. Frustrated by the never-ending cycle of unattainable goals, I decided to create **the 5-Minute Grind**.

This e-guide is based on the concept of "compounding effects." I asked myself, what if I focused on just five goals and dedicated only five minutes each day to work towards them? How would that impact my life? The answer was clear: it would make a significant difference! Join me on this transformative journey with **The 5-Minute Grind**, where small, consistent actions can lead to incredible results and help you finally achieve your goals. Let's embark on this *sustainable* grind together!

xo, *Jessica Clarice*



@JCLARICE

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Your Top Five

It's time to narrow your long list of goals to your top five priorities.

This focus allows you to channel your energy into what you must accomplish, making your journey more manageable. Reflect on what you truly want to achieve and make sure you can identify at least one five-minute task for each goal that you can do daily to stay on track.

These small actions will lead to significant progress over the year. Let's make 2025 your year of meaningful accomplishments! Here are my top five goals for the year:

Jessica's Top Five Goals for 2025

- 01 Spend 5 minutes every day reading the Bible.
- 02 Move my body every day to improve overall health.
- 03 Learn to speak, read, and write Mandarin.
- 04 Do something every day to advance my company 5Fold Merch. www.5foldmerch.com (shameless plug)
- 05 Indulge in creativity on a daily basis.

Your Top Five

In this section, let's narrow down your long list of goals to the top five you **must** accomplish in 2025.

What is your first goal?

01

Be intentional. For example if your goal is to lose weight— Do you want to lose weight or do you want to adopt a healthier lifestyle?

01

What is your second goal?

02

Is it attainable? Can you think of something you can do for 5 minutes each day that will impact your goal?

02

Your Top Five

In this section, let's narrow down your long list of goals to the top five you **must** accomplish in 2025.

What is your third goal?

03

Have you included a goal that is not based on career or material gain?

03

What is your fourth goal?

04

The 5-Minute Grind is designed for you to take stewardship of your progress, but if you *had* to choose an accountability partner, who would they be?

04

Your Top Five

In this section, let's narrow down your long list of goals to the top five you **must** accomplish in 2025.

Write down your fifth and final goal!

05

Focused: You've officially started your journey with five clear attainable goals. Feels good, huh?

05

Notes

There's Levels To This

Define your goal by three different levels of effort: *minimum*, *moderate*, and *maximum*. Be sure you can accomplish the goal within the allocated timeframe. Here's how I broke down my goal of **moving my body**.

What is your 5-minute **MINIMUM** daily effort for this goal?

Write your answer here

Deep breathing and stretching.

What is a 15-minute **MODERATE** daily effort for this goal?

Write your answer here

Planks, push-ups, or ab exercises.

If you had 30 extra minutes, what is a **MAXIMUM** daily effort for this goal?

Write your answer here

Complete fitness class or go for a walk around the neighborhood.

There's Levels To This

Goal One

What is your 5-minute **MINIMUM** daily effort for this goal?

Write your answer here

What is a 15-minute **MODERATE** daily effort for this goal?

Write your answer here

If you had 30 extra minutes, what is a **MAXIMUM** daily effort for this goal?

Write your answer here

There's Levels To This

Goal Two

What is your 5-minute **MINIMUM** daily effort for this goal?

Write your answer here

What is a 15-minute **MODERATE** daily effort for this goal?

Write your answer here

If you had 30 extra minutes, what is a **MAXIMUM** daily effort for this goal?

Write your answer here

There's Levels To This

Goal Three

What is your 5-minute **MINIMUM** daily effort for this goal?

Write your answer here

What is a 15-minute **MODERATE** daily effort for this goal?

Write your answer here

If you had 30 extra minutes, what is a **MAXIMUM** daily effort for this goal?

Write your answer here

There's Levels To This

Goal Four

What is your 5-minute **MINIMUM** daily effort for this goal?

Write your answer here

What is a 15-minute **MODERATE** daily effort for this goal?

Write your answer here

If you had 30 extra minutes, what is a **MAXIMUM** daily effort for this goal?

Write your answer here

There's Levels To This

Goal Five

What is your 5-minute **MINIMUM** daily effort for this goal?

Write your answer here

What is a 15-minute **MODERATE** daily effort for this goal?

Write your answer here

If you had 30 extra minutes, what is a **MAXIMUM** daily effort for this goal?

Write your answer here

Daily Checklist

This daily checklist will keep you on track. Write in your goal and check the box next to the level of effort you put in today. Fill in what you accomplished in the boxes as shown in the example below:

Goal 1: *Move my body.*

- Minimum
- Moderate
- Maximum

Stretched for 5 minutes and focused on my breathing.

Goal 2: *Advance 5Fold.*

- Minimum
- Moderate
- Maximum

Posted an Instagram reel for the new SS25 collection.

Goal 3: *Indulge my creativity.*

- Minimum
- Moderate
- Maximum

Practiced sewing for 15 minutes.

Reminder: You've only committed to 5 minutes per goal. If you want to go longer, fine. If not, no pressure!

Date: 01/01/2025

Daily Checklist

This daily checklist will keep you on track. Write in your goal and check the box next to the level of effort you put in today. Fill in what you accomplished in the boxes below:

Goal 1:

- Minimum
- Moderate
- Maximum

Goal 2:

- Minimum
- Moderate
- Maximum

Goal 3:

- Minimum
- Moderate
- Maximum

Reminder: You've only committed to 5 minutes per goal. If you want to go longer, fine. If not, no pressure!

Date:

Daily Checklist

This daily checklist will keep you on track. Write in your goal and check the box next to the level of effort you put in today. Fill in what you accomplished in the boxes below:

Goal 4:

- Minimum
- Moderate
- Maximum

Goal 5:

- Minimum
- Moderate
- Maximum

Notes

TARGET | ACTUAL

25	
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MINUTES

Reminder: You've only committed to 5 minutes per goal. If you want to go longer, fine. If not, no pressure!

Date:

Wins and Milestones

Every win and milestone should be celebrated. Share three interesting wins/milestones over the last 12 months.

MILESTONE	TARGET ACTUAL	
Exceeded my time spent working towards my goals by 5,750 minutes!	9,125 minutes	14,875 minutes
Conversed exclusively in Mandarin at my favorite Taiwanese restaurant.	December	September
Read my Bible each day for one hour the last 3 months of the year.	5 mins	1 hour



Wins and Milestones

Every win and milestone should be celebrated. Share three interesting wins/milestones over the last 12 months.

MILESTONE	TARGET ACTUAL	



Monthly Overview

For the Month of : January

S	M	T	W	T	F	S
			X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	X
X	X	X	X	X	X	

TIME INVESTED

775 minutes

REWARD

new Nike workout outfit

Monthly Overview

For the Month of : _____

S	M	T	W	T	F	S

TIME INVESTED

REWARD

Monthly Overview

For the Month of : _____

S	M	T	W	T	F	S

TIME INVESTED

REWARD

Monthly Overview

For the Month of : _____

S	M	T	W	T	F	S

TIME INVESTED

REWARD

Monthly Overview

For the Month of : _____

S	M	T	W	T	F	S

TIME INVESTED

REWARD

Monthly Overview

For the Month of : _____

S	M	T	W	T	F	S

TIME INVESTED

REWARD

Monthly Overview

For the Month of : _____

S	M	T	W	T	F	S

TIME INVESTED

REWARD

Monthly Overview

For the Month of : _____

S	M	T	W	T	F	S

TIME INVESTED

REWARD

Monthly Overview

For the Month of : _____

S	M	T	W	T	F	S

TIME INVESTED

REWARD

Monthly Overview

For the Month of : _____

S	M	T	W	T	F	S

TIME INVESTED

REWARD

Monthly Overview

For the Month of : _____

S	M	T	W	T	F	S

TIME INVESTED

REWARD

Monthly Overview

For the Month of : _____

S	M	T	W	T	F	S

TIME INVESTED

REWARD

Monthly Overview

For the Month of : _____

S	M	T	W	T	F	S

TIME INVESTED

REWARD



Thank you!

Thank you so much for downloading my **free Five-Minute Grind e-Guide!** I truly appreciate your support, and I hope it has been helpful in your journey towards achieving your goals.

I would love to hear your story and how this guide has impacted you, so please feel free to reach out to me via social media or email. Let's connect!

Also, be sure to check out my other businesses for more resources and inspiration. Your feedback means the world to me!

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