

# THE FIRST FIVE HABIT

**30 Days to Start Anything**

**(Workbook Edition)**

Bright • Motivational • Action-Focused

The First Five Habit: 30 Days to Start Anything (Workbook Edition) Turn small efforts into unstoppable momentum.

### Introduction: The Power of Small Starts

There's quiet strength in beginning. Most of us believe change requires a burst of motivation — that elusive moment when we feel ready. But waiting for motivation is like waiting for the wind to shift. You don't need a gust; you just need a step.

That's where The First Five Habit starts. This workbook is based on one simple truth: big change begins with small, consistent efforts. The rule is straightforward — when you feel stuck, do the first five. Five minutes. Five actions. Five sentences. Five steps forward.

Starting small isn't a sign of weakness — it's wisdom. It's how momentum begins. "Start where you are. Use what you have. Do what you can." — Arthur Ashe

### How to Use This Workbook

This is a space to practice showing up — not perfectly, but consistently. Each page helps you start, reflect, and build confidence. You can type directly into the boxes and lines on-screen or print this workbook and fill it out by hand.

### The First Five Method (A Quick Refresher)

When you feel resistance, confusion, or overwhelm, pause. Then ask yourself: What are five small things I can do to move forward right now? That's the method.

### My Starting Point

Reflect before beginning your 30-day journey:

What's one area of life where you've been procrastinating? Why does this matter to you?

What emotions come up when you think about starting?

### The 30-Day First Five Challenge

Welcome to your daily commitment — 30 days of gentle, forward motion. Each day, record what you started, how you felt before and after, and whether you kept going.

### Example Daily Template: Day / 30

Date: Task:

My First Five Actions:

- 1.
- 2.
- 3.
- 4.
- 5.

Before: After:

Week 1: Start Small, Feel Big

What did I learn about starting?

Week 2: Build Consistency

When was it hardest to start? What helped me push through?

Week 3: Shift Identity

What identity am I growing into through this habit?

Week 4: Momentum Mindset

What's one area of my life where I can apply this mindset next?

My Momentum Plan

What new habit or goal do I want to start next?

My Next First Five Actions:

- 1.
- 2.
- 3.
- 4.
- 5.

When will I practice this?

How will I celebrate consistency?

Bonus: Tips for Keeping the Habit Alive

Start even smaller — motion matters more than magnitude.

Pair it with something you already do — anchor your First Five to a daily habit.

Reflect, don't judge — every day is practice, not perfection.

Revisit your wins — proof of progress keeps you going.

Closing Thoughts

Starting is an act of courage. Every day you choose to begin — even for five minutes — you rewrite your story. You stop waiting for the perfect time and start creating momentum that carries you forward.