



The Rule Of 5

Jake Ducey's Inner Circle Workbook
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"Don't worry about failures, worry about the chances
you miss when you don't even try."

-Jack Canfield

"Everything you want is out there waiting for you to
ask. Everything you want also wants you.
But you have to take action to get it."

-Jack Canfield

"You don't have to get it perfect, you just have to get
it going. Babies don't walk the first time they try, but
eventually they get it right"

-Jack Canfield



THE RULE OF 5

Accomplishing what we really want,
and doing what we say we're going to do!

The irony is that most people know what they need to do to improve their lives, yet they do not do it. Why is this?

Why do we know what we want, yet we hold ourselves back from getting it? The key is to simplify the positive actions we can take, and then get them done.

The trap we fall into is that when you have a goal, it's easy to feel overwhelmed with all the information that's readily available to you.

The problem is, if you can't decide which information to choose, it can cause analysis paralysis, decision fatigue and even inaction on your part. If you don't know what to do, where do you even begin?





However, what if you applied everything you learned by taking five actions every day to ascertain what works for you? How could this help you to achieve your goals faster?

I first came across a life changing idea called THE RULE OF 5 from Jack Canfield, through his book The Success Principles.

Across the globe his Chicken Soup series books have sold more than 500 million copies and been translated into 43 languages. Time magazine even called it “the publishing phenomenon of the decade”.

However, Jack said it in his book, that the huge success of the book was not a publishing phenomenon, but rather, a phenomenon of persistence effort in applying the Rule of Five.

Overwhelmed with how to accomplish their big goals with the Chicken Soup book series, Canfield and Hansen eventually asked a psychic for advice.

The psychic used the analogy of a lumberjack cutting down a tree to simplify what they needed to do:

“If you would go every day to a very large tree and take five swings at it with a very sharp axe, eventually, no matter how large the tree, it would have to come down.”

With that advice, Canfield and Hansen created what they called “The Rule of Five”: A commitment to taking five daily actions that would quickly move their goal towards completion.



5 Of Each

For Canfield and Hansen, that meant:

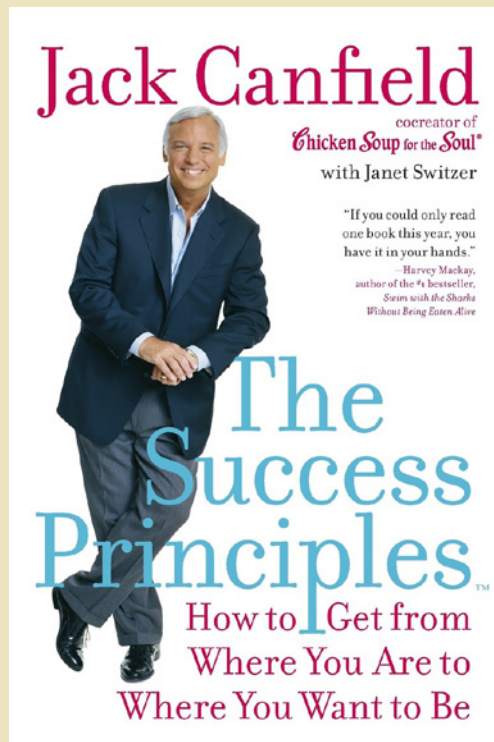
- Having five radio interviews every day
- Sending out five review copies to editors who would review their book
- Giving a seminar to at least five people and selling the book in the back of the room
- Calling five network agencies and asking them to buy their book as a motivational tool for salespeople
- Sending 5 copies of the book to celebrities like Harrison Ford, Steven Spielberg
- Giving a seminar to at least 5 people and sell the book
- They did all of that.

Eventually, the book went on to sell millions of copies. However, it did not happen overnight. The book hit the best-seller list after a year.

This is exactly how you can leverage the RULE OF 5 over a sustained period of time.

THE SUCCESS PRINCIPLES

The Following Is An Excerpt
From The Success Principals
By Jack Canfield.





Applying focused attention to seemingly “impossible” goals or dreams can lead to what some people call “miracles.” It certainly seemed to for Andrea Fisher after a terrible automobile accident left her comatose and without the use of her arms and legs.

When Andrea woke from the coma three months later, her husband immediately asked for a divorce. Andrea had been a happy and successful television producer, and now her life was turned upside down. Every neurologist consulted said she was quadriplegic and never going to get any better.

As soon as she understood the reality of her situation, Andrea set a monumental goal—to walk out of the hospital on her own some day.

Within a year Andrea was off the respirator. Within three years she stood up next to her bed. And within seven years she did in fact walk out of that hospital on her own.

How?





Every day Andrea focused on her goal and took specific action steps toward achieving it. She delved into the paperwork and preparations required to allow her a diet of holistic foods in the hospital.

She got regular massages and chiropractic adjustments. Even though she could not feel anything from the neck down, she knew they would be good for her body.

Each day Andrea spent time in prayer and meditation. She expressed gratitude for each breath she took, every beat of her heart, the good things in her life, and the possibilities for her future.

She went to work releasing her feelings of depression, anger, fear, frustration, and other self-defeating emotions that would arise. She also visualized daily, imagining herself working out, lifting weights, walking, riding bike, and all of the other physical activities she loved to do.

When she stood for the first time, Andrea surprised every medical doctor and neurologist. Later in her life she spoke at neurological conferences, and specialists around the world studied her case. They concluded that her walking again was a miracle, because there was nothing that could account for it.

But to Andrea it was no more a miracle than the fact that she could breathe or her heart could beat. She insisted she could explain every single detail of what she did to accomplish her breakthrough.

Imagine what you could do if you applied the same kind of focused attention to your personal goals.

Maybe your goal won't take seven years to accomplish as Andrea's did; it might take seven months—or just seven weeks.

My Five Action Steps Today

Exercise





In my book *The Success Principles*, I refer to this daily focus as the Rule of Five.

In it, I suggest making a list each day of five action steps that will move you closer to your goal. Then check them off as you complete each one.

Be very specific in your actions. If your breakthrough goal is to achieve your ideal weight, one day might look like this:

My five action steps today:

1. Do morning stretches for 10 minutes.
2. Walk for 30 minutes.
3. Prepare a healthy lunch with plenty of green vegetables.
4. Go grocery shopping right after lunch so that I don't shop when I am hungry.
5. Spend 15 minutes visualizing how I will look and feel when I achieve my goal or reading my affirmations.



The cumulative effect of these daily steps can be profound.

Small action steps are manageable, and achieving them daily keeps you motivated and your momentum strong.

Whether your goal is to drop 20 pounds, run a marathon, start a business, or write a book, apply the Rule of Five each day and see what “miracles” you create in your life.





Build your first Rule of 5.

1.

2.

3.

4.

5.