

The 5-Minute Musician's Club™ Quick Reminder (Side 1)

The primary causes of procrastination are FEAR and lack of a clear focus about what you want to do.

Why use the 5mmc card? Fiving helps you tiptoe by fear, it provides focus, it builds healthy habits & an encouraging track record, and it immediately rewards your efforts.

Let your amygdala sleep! Tiptoe around fear by aiming to play for just 5 minutes.

Ask yourself, "When is the next time I can play for just 5 minutes?"

When life gets busy, remind yourself: "I can ALWAYS find 5 minutes to play!"

Pull versus Push: Aim for 5 minutes, but allow yourself to be pulled toward earning that next tally mark...

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The 5-Minute Musician's Club™ Quick Reminder (Side 2)

Keep your card, pen, watch/timer, and oc with you so you are free to play anytime...

Link your play to "R&R" (Routines & Rewards).

If you want to increase a behavior, reward it!

As you give yourself tally marks for each 5 minutes of play, tell yourself, "Well done! Little by little, you'll go a LONG way!"

Believe in the power of 5!

Frequent short sessions are more productive than long sessions. They are also better at forming positive habits.

Too tired today? A pain to play? Remove the friction! Clear the way! (Have you made it as quick & convenient as possible to practice?)

Starting is the key. Once you get started, resistance falls away.

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