



**CAN A 5  
MINUTE HABIT  
REALLY  
TRANSFORM  
MY WORLD?**

*by Clare Desira*

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**With a passion for personal development I am very familiar with the suggestions we hear to 'be positive', 'be mindful' and 'be present.' These things are really easy to say and have enormous benefits, but don't always feel really accessible.**

Over the past 8 years I have applied a daily habit which has helped me become more positive, mindful and present. Other proven benefits of this habit include extra energy, a longer life, more fun, improved self-esteem and more meaningful connections in my life. I wonder what your life would look like with more of these things too?

This daily habit lead me to capture over 10,000 moments of happiness and has sparked a movement of generosity and positivity throughout the world called the Top Five Movement.

Whilst initially the idea might seem fluffy, the habit is simply writing down five positive things that happen each day. If you take the time to notice the small positive things in your life on a regular basis, research shows you can have more energy, optimism, meaningful social connections and more! The best part? It is so easy, there is evidence to back it up and anyone can do it!

Like any habit you have to start somewhere and even if you only think of one or two Top Fives some days, you'll be strengthening your positive thinking muscles and will start to see your world through a lens of opportunity. So many people tell me that even a few days of writing a Top Five transforms their thinking into a winning mindset.

A wonderful side effect of writing a Top Five is the collective impact of many people writing a Top Five. If one person becomes more energetic, optimistic and generous from writing a Top Five, what could the world look like if everybody was more energetic, optimistic and generous? A world where no one is in need? A world where people are healthier both physically and mentally than they ever have been? A healthy planet?

I am keen to find out and am inviting you to join me by picking up a pen and having a crack at this wonderful new habit today. If you do the world will be a better place.

## **CLARE'S TOP TIPS...**

### **Miss a day or ten?**

Don't try to catch up, just start again today. If you didn't eat broccoli or run for seven days you wouldn't try to make it up in one go. So forget previous days and pause so you can make the most of today.

### **Look for opportunities to learn and don't write off whole days.**

There are 1,440 minutes in a day. If your positive muscles aren't super strong, start by flexing them even just for one minute five times a day and you'll find this is enough to notice your first Top Fives.

### **Don't count sheep or worries when your head hits the pillow. Count Top Five Moments instead!**

I am not claiming there is no place for critical thinking and innovation...this is how some of the world's greatest discoveries have been made. The Top Five isn't about thinking positively 24/7. It is about making a conscious choice, when our heads hit the pillow, to drift off to sleep smiling, with thoughts buzzing around in our minds of the positive moments from our day.

### **All skills and habits need time to develop**

Sometimes finding five will come easily, other times it won't. Building awareness and practicing gratitude is a skill. And like any skill it needs to be developed. Trying it once, not nailing it and giving up, is a little like playing one game of tennis, getting aced a few times, then assuming you'll never be any good at it.

### **This makes good business sense**

A gratitude practice like writing a Top Five can be a powerful business strategy. Business benefits for you and your team include less sick days, stronger relationships, more fun and positive energy rippling to your clients and those in your life. Now who doesn't want that in their business?