The First Five Minutes

A one-week tool for Wake with Intention

Nothing happens on a whetstone until steel meets stone. You can know the angle, own the right stone, and watch every tutorial there is, but the blade doesn't get sharper until the first strike. Your morning works the same way. All the intention you went to bed with dies in that five-second gap between the alarm and the snooze button, where your brain manufactures very reasonable arguments for staying comfortable.

This page is the first strike. It takes about five minutes, and it's meant to happen before your phone gets a vote.

Step one: Name the day for what it is.

A friend of mine named Bob used to pop straight up out of bed and say, "Thank you, Lord, for another day to excel!" Cheesy? A little. But look at what he did before his feet hit the floor. Gratitude first, so the day is a gift and not a given. Intention second, so the day has a direction before it can hand you one. Write your own version. Keep it short enough to say out loud while your eyes are still half shut.

Thank you, Lord, for

Step two: Ask two questions.

John was an exhausted dad with an impossible commute. He didn't overhaul his life. He claimed fifteen minutes and two questions. His schedule never got easier, but he stopped living in reaction mode. Answer them every morning this week, before you look at anything with a screen.

	What matters most today?	Who do I need to show up well for?
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Step three: Look back.

At the end of the week, don't grade yourself. Just notice. Which morning went best, and what was different about it? Which one got away from you, and what won the snooze negotiation that day?

One morning doesn't matter much. A thousand mornings is who you become.