

The *5-2-21* Method



This exercise is part of the
"Focus on your Self-Care" series

sanofi


What is *The 5-2-21 Method*?

The 5-2-21 Method is a simple exercise which is designed to help you establish *new and powerful thought patterns* in your everyday life. The exercise consists of taking five minutes for yourself, every day, for 21 days, to *reflect on the small moments of joy* which might usually go unnoticed. This form of mental training can be thought of like training other muscles, and each day you should find the process easier.

Follow these simple steps:

1 Before you begin, take time to find a nice notepad you'll enjoy writing in, and a pen which is comfortable to write with. These will be your tools for the next 21 days.

2 Choose a time which will work for you every day, for the next 21 days, when you can have five minutes for yourself. This should be a quiet space, without distractions, where you can reflect. Just before you go to bed is ideal, this is because the thoughts you have before falling asleep often stick in your mind.

 Take note of *two positive thoughts* each day

3 Ask yourself the same question every evening:

"Which two small things today made me happy, proud, or just made me feel good?"

Take your time, think about it, and write two thoughts down in your notepad.

4 You don't need to try and think of your most meaningful happy moments. This task is all about helping you to focus and appreciate the small, subtle moments that you don't really take notice of in everyday life. This could be something like:

- The first warm sip of coffee in the morning that you think back on fondly
- How happy you were that all the traffic lights were green this morning when you were in a hurry
- When someone, maybe a colleague, gave you a friendly smile or a compliment
- How it felt to completely switch off and relax in the evening
- The thought of getting into your warm cozy bed

There are so many of these small moments that occur every day, that we usually ignore or fail to notice. So, give yourself five minutes each day to reflect on these moments, and the positive feeling they brought you. By paying close attention to these each day, you'll find it easier the following day.



Five minutes per day for *21 days*

5 After 14 days, take time to reflect on how far you've come. You should notice how your thought patterns have changed and how you're able to focus more on what makes you feel good and all you have to be thankful for.

6 Continue to take note of two things which brought you joy each day for another seven days – after this you'll have completed the exercise.

Recap:

- ✓ Get a nice notepad and pen
- ✓ Take five minutes per day
- ✓ Write down two positive thoughts each day
- ✓ Continue for 21 days



Did you complete 21 days?
Well done!

Your brain should have established new and powerful thought patterns. Read through your thoughts and memories again. Take joy from all the little things you experienced, remembered, and wrote down.

You should be *really proud of yourself*.