

14 Daily 5 Minute Tasks (Goals Jumpstarter)

Task 1

Memorize a short poem, scripture or inspirational quote today. Share it with someone at dinner (or other time). Here are some ideas...

<http://www.quoteland.com/>

<http://www.finestquotes.com/>

<http://www.quotationspage.com/>

<http://www.everypoet.com/>

<http://www.theotherpages.org/poems/>

http://www.famous-poems.biz/Short_Poems/Famous-Short-Poems-best-free-poetry-online.html (listing of short, famous poems)

<http://www.scriptures.lds.org>

[Other scriptures](#)

Task 2

Find a stack of papers, a disorganized drawer, a messy nook or cranny. Set the kitchen timer on 5 minutes. Sort it, organize it or clean it **for those 5 minutes**. That's it! You are done!

Task 3

Write a short thank you note to someone you appreciate. Probably the first person that pops into your mind is the one you should go with. You can send this via email, post office, or hand delivery.

Task 4

Jot down 5 to 10 positive things that are cool/interesting/special/amazing/unique/wonderful about yourself. Put the list under your pillow to look at again when you crawl into bed tonight. It is a good reminder that God made someone incredible when He made you!

Task 5

On this day, the task is simple. Or, is it? At the beginning of the day, take a few moments to psyche yourself up mentally to be on the lookout for something that you can turn from a trial into a triumph. Once you find it, do it! Report back here with your wonderful accomplishment. Share the triumph if you want, or just let us all know you were successful!

Maybe one of these things happened to you today... Perhaps you were able to stop a negative thought pattern and turn it into a positive one. Maybe you were able to figure out a way to calmly and pleasantly resolve what would have otherwise been a yucky argument with your spouse, coworker or child. Did your dishwasher break down today and you actually found reasons to rejoice in your blessings? Someone swerves in front of you as you are driving along and instead of your usual pattern of screaming from your car at the other driver, you remember what you thought about in the morning and you choose to be thankful instead of

mad. Perhaps you thought of gorging yourself on a pint of Haagen Daaz to drown out your sorrows, but instead you remembered this task and chose the triumph of playing a board game with a friend instead.

Task 6

Right now go and place a CLASSIC book in your car, bag, backpack or purse. (Or load one on to your personal electronic device that you often have with you) That's it! (Putting a classic book in several strategic locations would be even better.) That is all there is for today's task. But, now you have something useful and uplifting to do while waiting. Waiting? For what? To pick up a child. For your turn at the doctor's office. Standing in an endless line. For traffic to start moving. For something unexpected.

You can find some classic book lists here, here, here and here.

<http://www.eagleforum.org/educate/1997/june97/list.html>

<http://www.ourlosbanos.com/homeschool/labooks.html>

<http://www.classical-homeschooling.org/celooop/1000-senior.html>

<http://www.glencoe.com/sec/writerschoice/litlibrary/index.html>

You could choose to read some classic books that are not fiction, for instance something by these authors would be excellent:

Stephen Covey or his son Sean Covey

Og Mandino

Norman Vincent Peale

Mark Victor Hanson

Leo Buscaglia

Or some of these titles:

Faith Precedes the Miracle

The Magic of Thinking Big

The Secret

Scriptures (This of course is the classic of all classics with stories, adventure, quotable quotes, action, love, etc. All the elements of a fantastic read. ☺)

The Hiding Place (If you haven't read this one, I highly, highly recommend it! Something {or many somethings} in this story is bound to grab the attention of your heart and mind.)

Joni: An Unforgettable Story (I also highly recommend this story Joni Eareckson Tada.

Through her story you see there is no excuse for not living life to the fullest.)

My definition of a classic book is one that you can read again and again and never finish enjoying or learning from it.

Please share some good reads you have found too! I definitely didn't provide a complete list.

Task 7

Pause, ponder, and pray! Take a brief time-out from your own life. Ponder for a moment and see whose name comes to mind. Pray for whoever came to mind. Get back to your own life.

Task 8

Today's task is to take at a goal you set in your FIVE MINUTE GOAL SETTING and see how you are doing. If you haven't done that yet, do it now. If you aren't doing as well as you wanted to, on one or two of them, now is a good time to get things rolling.

Task 9

Help someone. "In 5 minutes? You have to be kidding me." Nope, I'm not. Here are some ideas.

1. Make someone's bed
2. Increase the amount of dinner you are making and take some to a neighbor as a timesaving surprise.
3. Iron someone's clothing for the next day (or for church) and hang it in their closet
4. Offer to proofread an essay (and then do it)
5. Pick up garbage at a park to help keep planet earth beautiful for everyone
6. Call a friend to see if you can pick up something from the grocery store for them while you are there
7. Massage your spouse's tight shoulders
8. Take your neighbor's dumpster to the curb on garbage day for them
9. Let "the other guy" have the parking place that is closer to the shop door
10. Clean up someone else's mess

See? Easy. What else can you think of?

Task 10

Think of a nice, uplifting, empowering song. Take a deep breath. Sing the whole song out loud. Sing it like you mean it. When you are done, you should have a smile on your face, your head should feel clear and you will have done your lungs a favor by the breathing patterns that come with singing.

Task 11

Enjoy the sun. Maybe you live in a freezing cold place like Alaska. That's okay, you can still do this. Take your 5 minutes and point your face towards the sun's rays. This can be done outside while breathing fresh air, or sitting by a window in the late afternoon sun. While basking in the warmth of the sun, think only thoughts of things you are grateful for. When you are done, your body, mind and spirit will be rejuvenated. If it is too overcast to do this, trade this task for a day in which there actually is some sunshine available.

Task 12

Do that simple chore that you always forget about. For example, change the air filter, change the water filter, replace the lightbulb on the back porch, put putty in the hole behind the door, post an add on freecycle for something you want to get rid of, wipe down the dashboard of your car and bring in 10 items that shouldn't be in the car, change batteries in the smoke detector, refill some of the water bottles in your storage, etc.

Task 13

Strike up a conversation with someone you have never met. Try to learn something interesting about the other person by asking questions. It can brighten your day as well as someone else's. ([Click here to see what happened to me one day.](#))

Task 14

Give a small, spur-of-the-moment gift to someone you love. It can be a family member, friend, or just someone you know that might need a little boost in their day. The gift can be something you have at home, something you made, or something you purchase.