PEPPER TIME 24: THE 5-SECOND RULE (5-4-3-2-1)

Timing: Anytime hesitation shows up.

What you'll need: Just your mind and the guts to act.

What it's about: Procrastination, fear, and overthinking feed on hesitation. The 5-4-3-2-1 rule kills it by snapping your brain out of autopilot and launching you into action before excuses take over.

How to do it:

1. Catch the hesitation. The moment you notice yourself stalling, count backwards: 5-4-3-2-1.
2. Move on "1." Stand up, press send, open the file, speak up, step on stage—whatever action you've been delaying.
3. Skip "feeling ready." Don't wait for motivation. Action itself creates readiness.

What to expect: Counting backwards hijacks your brain's default loop. For five seconds, fear has no grip. Once you move, momentum takes over. You'll start noticing the exact pause where your Judge sneaks in. And instead of freezing, you'll move. You'll prove to yourself: I can act, even without permission from fear or motivation.