

The first five minutes

Four moves for the moment something falls apart. Hang this sheet where you see it before you react.

01

Ask what you would advise someone in exactly your situation. It gets stronger when you picture someone you love.

YOUR QUESTION

What would you say to that person right now?

02

Ask what you take from this situation that you can use. It turns the trouble into material.

YOUR QUESTION

Which part of it do you want to keep?

03

Hold on to a sentence you trust. A sentence that stays the same for years carries best.

YOUR QUESTION

What is your sentence, and when did it last carry you?

04

Move before you decide. Get out, walk, jump, breathe.

YOUR QUESTION

What do you move in the next five minutes?

YOUR EMERGENCY PLAN

Five lines, in your handwriting

Write the lines now, while you are doing well. Who, what, where, in which order. In the real moment you only read them off.

On record: four moves from a video in November 2016, tested on a missed flight and on a stolen laptop.