



What is TAKE 5?

All of us are participating in an endless race – between work and family, responsibilities and habits, holidays and the everyday – the pace of life silences our inner voice. Our life's race doesn't always allow us to stop, contemplate and reconsider: What are my resources (physical, spiritual, emotional)? What are my goals? Where am I going?

Our attention, after all, is limited. It's hard to listen to our family, our boss, coworkers and even ourselves. The noise our routine and the intensity of every day life shoves aside our most basic need – muting the environment to hear myself.

"Don't let the noise of other's opinions drown out your inner voice. And most important, have the courage to follow your hear and intuition. They somehow already know what you truly want to become. Everything else is secondary."

Steven Jobs

At the National Leadership Center, we believe in TAKING 5. Dedicating a specific time sit in silence and listen. This requires a time, a place and a topic to think about. It can be during a walk, during a quiet time with oneself...

Take 5 minutes of silence to make some order of the crazy race that life is, to renew your strength and remember what is important to you. If we don't know who we are – we won't be able to set goals and achieve them.

Close your eyes for a moment – try listening to your inner voice. Do you know what it sounds like? When was the last time that you listened to it? If you could, how would you write it down?

This – who am I as a person? What are your resources? What is the goal I am setting myself in my life?

Take 5 – five minutes of silence, without any outside intervention: to think with yourself, consult yourself, finding yourself and writing a plan to better your life...
