

# Where will you be in...

5 minutes, 5 days, 5 weeks, 5 months, and 5 years?



What path are you choosing?

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## Goals of Program

- 👉 To assist individuals in recognizing that their future starts today. Their future is the next 5 minutes, 5 days, 5 weeks, 5 months, and 5 years and beyond
- 👉 To transform an individual's negative thoughts to positive thoughts and actions
- 👉 To instill the value of positive thinking
- 👉 To assist individuals in seeing and understanding that their actions have an effect upon others and their future
- 👉 To assist individuals in understanding that all actions whether positive or negative yield a result

*Please contact us for information on workshops, presentations, or a consultation*

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## Program Description

- 👉 Comprised of 5 components: Thoughts, Actions, Effects, Results, and Solutions
- 👉 Utilizes the time increments of 5 minutes, 5 days, 5 weeks, 5 months, and 5 years to assist individuals in visualizing the short and long term effects of their negative or positive actions

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## Program Resources

- 👉 Think 5: Sometimes Life Presents No 2<sup>nd</sup> or 3<sup>rd</sup> Chances (Book)
- 👉 Think 5: Sometimes Life Presents No 2<sup>nd</sup> or 3<sup>rd</sup> Chances (Instructor's Manual)
- 👉 Think 5: Sometimes Life Presents No 2<sup>nd</sup> or 3<sup>rd</sup> Chances (Reflective Journal)
- 👉 Think 5: Sometimes Life Presents No 2<sup>nd</sup> or 3<sup>rd</sup> Chances (Poster)

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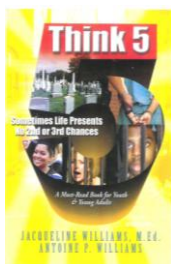
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# Where will you be in...

5 minutes, 5 days, 5 weeks, 5 months, and 5 years?



What path have you chosen?

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## Thoughts

- 👉 You are in control of your thoughts
  - 👉 Think critically before you act
  - 👉 Negative thoughts threaten your future
  - 👉 Your thoughts are powerful
  - 👉 Your future is dependent upon how you think today
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## Actions

- 👉 Actions can be negative or positive
  - 👉 Utilize your thinking ability to attain positive actions
  - 👉 Think 5 to achieve positive actions
  - 👉 Evaluate how you will act upon your thoughts
  - 👉 Positive actions equals a healthy and happy future
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## Effects

- 👉 Your actions affect others, but most of all your actions affect your future
  - 👉 Positive effects are best for your future
  - 👉 Negative effects endanger your future
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## Results

- 👉 When you act, a result happens
  - 👉 All actions yield a result
  - 👉 Results can be used as a learning experience
  - 👉 Positive results feel good
  - 👉 Negative results make you feel regretful
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## Solutions

- 👉 Think 5 provides solutions to assist me with thinking positive
  - 👉 Building a Think 5 Winning Team enables you to have a support system
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# Think 5 and Decide

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