You probably substituted $\frac{5}{4}$ for b and 1 for c in the Quadratic Formula. The first step is to subtract x from both sides: $x^2 - x + \frac{5}{4} = 0$

Now substitute $a = 1$, $b = -1$, and $c = \frac{5}{4}$ into $x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a}$