

"Americans can have anything they want. The trouble is they don't know what they want. Oh, they want little things. They want a new car; they get it. They want a new refrigerator; they get it. They want a new home and they get it. The system never fails for them, but they don't seem to understand that it is a system. Nor that if it'll work for a refrigerator or a new car, it will work for anything else they want very much, just as well."

~ Earl Nightengale

Excelsator Jump Start

Excelsated goal setting -- planning and achieving BIG goals -- is one step in creating your **Excelsated** life, a life of well-being, meaning, and purpose.

This **EXCELERATOR JUMP START** provides quick actions you can take *right now* to **JUMP START** your **Excelsated** life, and begin planning and achieving BIG goals.

Why Use Jump Start?

"Success is goals," says Brian Tracy, a leading thinker, writer, and speaker in the field of personal development. "Everything else is commentary." According to Tracy, only 3% of adults have written goals. Everybody else works for those 3%.

Not only will working toward a significant goal put you on a track for growth and improvement, committing to and working toward a goal is a "happiness tool" - an activity that has been shown to boost positivity and bring the benefits that accrue with increased happiness levels.

Most of us have goals we want to achieve. These goals can take many forms. For some of us, they are specific, concrete aims that we are working toward. For some of us, they take the form of vague dreams and desires that we plan to get to someday. Consider this. You can get better or you can get worse. You can go forward or you can go backward. But you cannot stand still. In



"In this world you're either growing or you're dying so get in motion and grow."
~ Lou Holtz

"What you get by achieving your goals is not as important as what you become by achieving your goals."
~ Henry David Thoreau

EXCELERATOR JUMP START: SETTING AND PLANNING BIG GOALS

business, it's almost a truism: If you aren't improving you're getting worse. I believe that, for most of us, experience shows that this is true on a personal level as well.

Goal setting works in at least 3 ways.

1. It helps you know where you are going. Your goal becomes your destination and your plan is your map to reach the destination.
2. It gives you a focus for your time and energy. You don't feel like you are "spinning your wheels".
3. It is motivating. When your goals are personal and meaningful to *you*, you look forward to working toward and achieving them.

When To Use Jump Start?

Use this **EXCELERATOR JUMP START** for a quick boost to get yourself started on the path of creating your **Excelerated** life or to get yourself back on track when you feel you have gotten off course. Whenever you feel "stuck in place" or without direction, **JUMP START** your ability and your resolve to set and plan your next BIG goal.

How To Use Jump Start?

Here are steps you can take *right now* to begin planning and achieving BIG goals. These are short, quick actions intended to give you a **JUMP START** for this step in creating your



Create Your Life.

"The great success formula has always been the same. First, decide exactly what you want and where you want to go. Second, set a deadline and make a plan to get there. (Remember, a goal is just a dream with a deadline.) Third, take action on your plan; do something every day to move toward your goal. Finally, resolve in advance that you will persist until you succeed, that you will never, ever give up."
~ Brian Tracy

EXCELERATOR JUMP START: SETTING AND PLANNING BIG GOALS

Excelerated life. Read through the list and choose one or two action steps that stand out for you and that you are attracted to. Then do them today – right now if possible or schedule them in your calendar to do as soon as you can. If you need more of a boost, continue with more of the activities.

What To Do

- ☞ Make a wish list. Take a sheet of paper and write "What I Want" at the top. Write down everything you can think of that you want to be, do, or have. Don't think right now about how you'll achieve the things on your list. Just write down everything that comes to mind.
- ☞ If you have a goal you want to start working toward, write down 7 steps you need to take to reach your goal. Look at step 1 and break it down into 7 smaller steps. Continue with step 2, step 3, and continue through each of the 7 steps. When you've finished, you'll have 49 steps to take to reach your goal. Take the 1st one.
- ☞ Each morning, write your goals on a piece of paper. Do this from memory - don't look at what you wrote yesterday. Each evening, before you fall asleep, read through your goals.
- ☞ If you're having difficulty getting started with goal setting, start with a really small goal. If you want to start a savings goal, save \$1.00 per month. If you want to lose weight, set a goal to lose 1 pound. If you

Exceleator Coaching Services

"Move forward. Use your Exceleator!"

EXCELERATOR JUMP START: SETTING AND PLANNING BIG GOALS

"The secret to changing your life is in your intention. Wishing, hoping and goal setting cannot accomplish change without intention. What is needed is a shift from the inert energy of wanting to the active energy of doing and intention."

~ Dr. Wayne Dyer

"If you want to have a happy life, tie it to a goal. Not to people or things."

~ Albert Einstein

want to start a morning routine, get up 5 minutes earlier. Consistency is key. Once you've reached these goals with consistent actions, set a slightly larger goal. Keep growing.

- ☞ Or if it gets you excited, pick an audacious goal, but set one that is believable. If you are currently unemployed, don't set a goal to earn \$1 million next year. If you've been a couch potato for the past 5 years, don't set a goal to run a marathon in 1 month. But pick a BIG goal that motivates and excites you.
- ☞ Get a pen and a pad of paper and list 25 reasons why you want your goal, to increase your desire to achieve it.
- ☞ If you have had a goal for longer than 1 year and you haven't made *any* progress, drop it. It is no longer a goal for you. Replace it with a goal you *really* want to achieve.
- ☞ Choose Approach goals -- a goal working toward a positive outcome -- over avoidant goals -- a goal avoiding a negative outcome. Approach goals promote well-being; avoidant goals can detract from happiness. Sometimes, simply restating your goal in a positive direction changes the orientation. Consider the avoidant goal: "I will stop smoking" vs. the approach goal: "I am a healthy non-smoker."
- ☞ Find someone -- a coach, a spouse, a relative, a friend or co-worker -- to whom

What is an *Excelsator*?

Excelsator is a combination of two words:

excel - to shine, to be outstanding, be first rate and exceptional

and

accelerate - to move forward at an increasing pace.

Excelsators are ideas, concepts, and programs that help you move forward in creating the life you want while increasing your ability to be outstanding, first rate, and exceptional.

you will give an account of your results. Agree on what you will commit to and when you will check in to report progress. Research shows when you consciously decide to adopt a goal, your chances of achieving it are 25%. Commit to someone else that you'll do it and your odds increase to 65%. And if you have a specific accountability appointment with the person you committed to ("I will call you on Tuesday and let you know my progress"), your chances of reaching your goal jump to 95%.

Use *process visualization* to visualize the steps you will take to reach your goal. See yourself overcoming the inevitable obstacles and feel the emotions you'll have as you move toward your goal. As you visualize the process of reaching your intended aim, you begin to see the steps you must take to reach the goal, and you begin formulating a plan.

- Complete a [goal achievement plan](#).
- Plan how you will reward yourself when you reach a milestone on your goal. Set a date for the celebration when you have completed the milestone.

Resources:

Tracy, Brian. Many Miles To Go – A Modern Parable For Business. Irvine, CA: Entrepreneur Press, 2003