

"Extreme self-care will help you be attractive - both to yourself and everyone you meet. It's nothing more than acknowledging yourself as valuable and then following through with the self-care that someone valuable deserves."

~ Thomas Leonard,
The 28 Laws Of Attraction

"Some people appear to be "getting away" with wrong actions or bad habits. That's an illusion. Sometimes it might take a long while before the damage shows. But when it does, it's significant damage. And the remainder of a lifetime may not be enough to deal with the ill effects."

~ Thomas Leonard,
The 28 Laws Of Attraction

Excelsator Jump Start

Excelsated self-care -- taking excellent care of yourself -- 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 taking excellent care of yourself.

Why Use Jump Start?

"Suppose you were to come upon someone in the woods working feverishly to saw down a tree. 'What are you doing?' you ask. 'Can't you see?' comes the impatient reply. 'I'm sawing down this tree.' 'You look exhausted!' you exclaim. 'How long have you been at it?' 'Over five hours,' he returns, 'and I'm beat! This is hard work.' 'Well, why don't you take a break for a few minutes and sharpen that saw?' you inquire. 'I'm sure it would go a lot faster.' 'I don't have time to sharpen the saw,' the man says emphatically. 'I'm too busy sawing!'" [Covey 287]

Excelsated self-care -- taking excellent care of yourself -- means you are perfecting the present and setting the stage for an even brighter future. It means you are taking the time to "sharpen the saw". It is caring for yourself in all areas of your life: health, wealth, self-esteem, relationships. ***Excelsated*** self-care isn't indulgent. It is necessary if you are to give your best to the world.



Create Your Life.

"We all have freedom of choice, but you will never have freedom of consequences. Choose wisely." ~ Willa Cather

"Once you see what the heart really needs, it doesn't matter if you're going to live or die, the work is always the same." ~ Stephen Levine, *A Year to Live: How to Live This Year as if It Were Your Last*

EXCELERATOR JUMP START: TAKING EXCELLENT CARE OF YOURSELF

Perhaps you remember the Bible story of the wise man who built his house on rock and the foolish man who built his house on sand. The sand proved a poor foundation and the foolish man's house tumbled down at the first big storm. Nothing is more important than getting a good, solid, level foundation. Everything to come goes on top of the foundation. If it is firm and solid, the rest of the building has a better chance of being solidly built. The same can be said for building a strong, solid life. In order to create an **Excelerated** life - a life of well-being, meaning, and purpose - you must begin on a solid foundation. **Excelerated** self care isn't selfishness but *selffulness* . . . filling yourself up from the inside. Taking care of yourself is necessary for you to make your best contribution to the world.

YOU are your biggest asset. Everything you are, everything you do, everything you have depends on how you use your physical, mental, and emotional faculties. So, how are you treating your biggest asset?

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 your energy being drained away or your stress level rising, **JUMP START** your ability and your resolve to take excellent care of you.

Excelerator Coaching Services

"Move forward. Use your Excelerator!"

"Be careful what you water your dreams with. Water them with worry and fear and you will produce weeds that choke the life from your dream. Water them with optimism and solutions and you will cultivate success . . . Always be on the lookout for ways to nurture your dream."
~ Lao Tzu

"There is more to life than increasing its speed." ~ Mahatma Gandhi

How To Use Jump Start?

Here are steps you can take *right now* to begin taking excellent care of yourself. These are short, quick actions intended to give you a **JUMP START** for this step in creating your *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.

- ☞ Are you minding the fundamentals? In his book, *Eat, Move, Sleep*, [Tom Rath](#) tells us that if we focus on the basics of taking care of ourselves -- proper nutrition, adequate activity, and plenty of sleep -- a synergy develops and we begin an upward spiral. Don't focus only on diet, or exercise, or even sleep -- look for ways you can make small, daily, incremental improvements in all 3 areas together.
- ☞ Connect with family: Plan a family vacation. Have a family game night or family movie night. Have a one-on-one "date" with each of your children. Have a date night with your spouse. Have a family devotional time. If necessary, heal an old wound, ask for or extend forgiveness, and reconcile with a loved one. List three ways you can strengthen your family ties.
- ☞ Upgrade your health: Start an exercise program. Work with a personal trainer. Schedule a comprehensive physical exam. Find ways to see your body and your



*"Be what you are.
This is the first step
toward becoming
better than you are."
~ Julius Hare*

*"You can become an
even more excellent
person by constantly
setting higher and
higher standards for
yourself and then by
doing everything
possible to live up to
those standards." ~
Brian Tracy*

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health in a more holistic way. Eat your vegetables. Eat more nutritious meals, less junk food. List three things you can do to improve your health habits.

- ☞ Engage in re-creation: Plan a vacation this summer. Start a new hobby or sign up for a class. Take one full day a week off from work to recharge. Have play time. Try an adult coloring book. Try something new (new activity, new food, new music, etc.) just for the experience. List three things you can do to refresh and recharge.
- ☞ Invest in your social support & friendships: Meet a new friend for coffee or dinner. Join a group or club. Have "girls night out" or "guys night out". Have friends over to dinner. Reach out to a friend in difficulty. Take food to a shut in or a friend who is ill. Play in a recreational sports league. Join a book group. List three ways you can strengthen your social ties.
- ☞ Deepen your spirituality: Attend church or other religious services regularly. Pray or meditate. Read in the wisdom literature or have daily devotional readings. Find ways to connect to the spiritual in your daily activities. Begin a spiritual discipline such as prayer, fasting, meditating, solitude, service, worship or celebration. "Live simply, expect little, give much." List three things you can do to connect to the Spiritual.
- ☞ Fully respond to everything that occurs in your space. Assume you had something to do with it but don't take the blame. Just handle it and raise your standards so it doesn't happen again.



"The calm and balanced mind is the strong and great mind; the hurried and agitated mind is the weak one." ~ Wallace D. Wattles

"I've upped my standards. Now, up yours." ~ Pat Paulsen

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- ☞ Identify 10 gratifying things that you want to make a habit of doing each day. Think of activities that bring you joy, peace, a feeling of accomplishment, or that improve your mental or physical health. Don't select activities that are merely pleasurable. Eating a pint of ice cream or drinking a six-pack of beer each day *might* be pleasurable, but these are not gratifying and they certainly don't contribute to taking better care of yourself. Don't make them too elaborate or difficult. Look for ten activities that leave you feeling good about yourself, which are easily done and which don't require a lot of your time.
- ☞ Drink a glass of water each morning. When you get up, drink a glass of water. This helps to re-hydrate you after a night's sleep. It also lowers the acid in your body and can help prevent a sour stomach and help keep you from over-eating.
- ☞ Walk more. Some health and fitness proponents advocate walking at least 10,000 steps per day to maintain fitness and heart health. Instead of 10,000 steps per day, aim for 70,000 per week. How can you fit that in? Park further from the store or mall or your office building and walk the extra distance. Take the stairs instead of the elevator or escalator. Take the long way 'round when you leave your desk to go to a colleague's office or a meeting or the bathroom. Carry the laundry in several trips, instead of all at once.



EXCELERATOR JUMP START: TAKING EXCELLENT CARE OF YOURSELF

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.

☞ Breathe. Of course, you're breathing all the time, but you can turn your breathing into a mini-meditation, any time of day, whenever you want. Stop whatever you are doing and concentrate on your breath. You don't have to count or try to breath in a rhythm. Just focus on the breath going in and out of your body. Feel your belly and chest expand and contract. Feel the air flowing into and out of your nostrils. Take a few seconds to pay attention to your breathing only and nothing else. Do this for several breaths, then return to your normal activity more calm and relaxed and peaceful.

☞ Are you carrying the burdens of guilt, grudges, or regrets? Letting go of these burdens almost always involves forgiveness. Guilt: Is there someone from whom you need to ask forgiveness? Grudges: Is there someone you need to forgive? Regrets: Do you need to forgive yourself?

Resources:

Coach U, Inc. Coach U's Essential Coaching Tools. Hoboken, NJ: John Wiley & Sons, Inc., 2005

Covey, Stephen R. The Seven Habits Of Highly Successful People. New York: Simon & Schuster, 1989

Leonard, Thomas. The 28 Laws Of Attraction. New York: Scribner, 1998

Levine, Stephen. A Year To Live: How To Live This Year As If It Were Your Last. New York: Penguin Random House, 1998

Miedaner, Talane. Coach Yourself To Success. Lincolnwood, IL: Contemporary Books, 2000

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