



## EXCELERATOR JUMP START: DEFINING AND LIVING YOUR VALID VALUES

"The only thing you can ever really lose in this life is time. . . . time is the one thing you can never get back once you've spent it. Moments that pass are gone forever. Falling as deeply in love with as many people, places, and things as you possibly can - that's the best revenge on the unjust brevity of this fragile life."  
~ Marc Parent, *Believing It All*

"We are all, right now, living the life we choose."  
~ Peter McWilliams

### **Excelsator Jump Start**

Defining and living your Valid Values 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, to begin defining and living your Valid Values.

### **Why Use Jump Start?**

Values are principles or qualities we deem as worthy or desirable. They represent activities and behaviors that, when we engage in them, bring us joy, contentment, and feelings of well-being. We all value some qualities over others, but we aren't always aware of what those are; or we may not be living out the values we say we have. If you want to know what you value, look at how you spend your time and energy.

Consider your life. What values does it reflect? Are those the qualities or principles that are really the most important to you?

When your life is in congruence with your Valid Values -- the principles you deem as important and desirable -- you feel in harmony and balanced. If you are feeling out of touch or disconnected, you may not be living out of your values. It's a good idea to check in from time to time to see that you are being true to your values, whatever they may be.

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"The pursuit of a goal that is not values-based is drudgery. The pursuit of a goal that is values-based may not be easy, but it will be joyful."  
~ Thomas J. Leonard

"Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance."  
~ Brian Tracy

### 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 or disconnected with your life, or if you know you are not living true to the way you want to live, **JUMP START** your ability and your resolve to live out your Valid Values as you pursue your **Excelerated** life.

### How To Use Jump Start?

Here are steps you can take *right now* to begin defining and living out your Valid Values. 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.

### What To Do

☞ If you have never completed the **Valid Values Excelerator** (or it has been awhile since you've done it), do that now. The **Valid Values Excelerator** is included in the appendix.

(Note: This is more involved and takes more time than most **JUMPSTART** actions. But it's a great starting place if you want to reflect on your Valid Values.)

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*"You can orient your life around a lot of things: wants, needs, shoulds, coulds, etc. But if you are clear on our values, and you orient your life around them, your chances of experiencing fulfillment are enhanced to the extreme."  
~ Thomas Leonard*

*"When you are living your life according to your values, you are being true to yourself and others. There is congruence between what you think, what you say, and what you do." ~ Ruthann M. Wilson*

- ☞ For each of your 4 Valid Values, answer this question: Why is this value important to me? Write down 5 specific reasons.
- ☞ For each of your 4 Valid Values, ask "How well am I expressing this value in my life?" Write down five specific ways you are honoring this value.
- ☞ For each of your 4 Valid Values, ask "How am I not expressing this value in my life? What am I doing that restricts and suppresses my efforts to live this value?" Write down five specific things that do not honor this value.
- ☞ Share your Valid Values with a trusted friend, coach, or advisor. Ask the person if they see these values expressed in your actions.
- ☞ The more closely aligned your life and work is with your values, the more fulfilled and happier you are. The more you live out your values, the more authentic your life is and the more you begin living the dream. Pick one of your Valid Values and craft a project to fulfill that value.
- ☞ Consider the goal or goals you are working toward. Does it express 2 or more of your Valid Values? If it does, it is likely a worthy goal for you. If it doesn't, what could you change about the goal to more closely align it with your Valid Values?
- ☞ Your Valid Values are the theme of your life. Looking at your own list, what comes up as your "theme"? What activity or activities could you engage in to express your theme?

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## EXCELERATOR JUMP START: DEFINING AND LIVING YOUR VALID VALUES

### 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.

- ☞ Understand the difference between wants, needs, and values. If you experience a craving or desire, it's probably a want. If you experience urgency, it's likely a need. If you feel a gentle and natural pull, it's probably a value.
- ☞ At the end of the day, reflect on the events, people and activities you interacted with throughout the day. How did you express your Valid Values in each interaction? What could you have done differently to more closely express your values?
- ☞ What is one habit you have that prevents you from fully expressing your Valid Values or that expresses a value that is not yours. How can you begin freeing yourself from this habit?
- ☞ Consider your 4 Valid Values. List 3 changes you can begin to make in your work, your personal habits, and / or your relationships that more fully express one or more of your values. Write down 3 steps you can take to begin making the 1st change, then take the 1st step as soon as you can. Continue until you have fully made all 3 changes.

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

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## **EXCELERATOR JUMP START: DEFINING AND LIVING YOUR VALID VALUES**

### **VALID VALUES EXCELERATOR**

#### **How To Play**

Values are principles or qualities we deem as worthy or desirable. We all value some qualities over others, but we aren't always aware of what those are. Or we don't always live out the values we say we have. If you want to know what you value, look at how you spend your time and energy.

When your life is in congruence with your "valid values" -- the principles you deem as important and desirable -- you feel in harmony and balanced. If you are feeling out of touch or disconnected, you may not be living out of your values. It's a good idea to check in from time to time to see that you are being true to your values, whatever they may be.

#### **Step 1**

Read over the list of words that describe different values. Circle those that are important to you and that you identify with.

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## EXCELERATOR JUMP START: DEFINING AND LIVING YOUR VALID VALUES

Accuracy	Exhilaration	Originality
Accomplishment	Experiment	Participation
Achievement	Family happiness	Partnership
Acknowledgement	Focus	Peace
Advancement	Freedom	Performance
Adventure	Free spirit	Personal power
Aesthetics	Free time	Planning
Affection	Friendship	Pleasure
Attractiveness	Grace	Power
Authenticity	Growth	Precision
Autonomy	Harmony	Productivity
Beauty	Health	Questing
Caring	Help others	Recognition
Catalyze	Help society	Refinement
Challenge	Honesty	Relate
Change	Humor	Respond
Collaboration	Imagination	Responsibility
Community	Impact	Risk taking
Compassion	Improve	Romance
Competition	Independence	Self-expression
Comradeship	Influence	Sensitivity
Connectedness	Ingenuity	Service
Contribution	Inspire	Spark
Creativity	Integrity	Spirituality
Daring	Intellectual status	Stability
Directness	Joy	Success
Discovery	Knowledge	Support
Economic security	Lack of pretense	Synthesize
Elegance	Leadership	Taste
Empathy	Leisure	Teach
Empowerment	Lightness	Time freedom
Encourage	Location	Tradition
Endeavoring	Loveliness	Trust
Energize	Loyalty	Vitality
Enlighten	Mastery	Wealth
Excellence	Nurturing	Wisdom
Excitement	Orderliness	Zest

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### **Step 3**

Go through the list of 15 and select the eight values that are most important to you. Write them here:

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### **Step 4**

From the list of eight important values, choose the 4 that are the most important for you. These are your "valid values". Write them here:

<b><u>My Valid Values</u></b>





## **EXCELERATOR JUMP START: DEFINING AND LIVING YOUR VALID VALUES**

### **Step 5**

Understanding Where Your Valid Values Are Expressed

Using your list of Valid Values, list which values you express in each of the areas of your life:

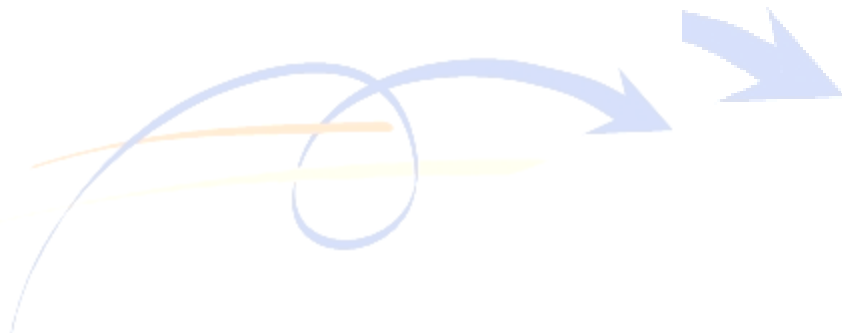
Work:

Home / Environment

Intimate relationship

Family

Friends / social settings



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**Step 6**

Understanding Where Your Valid Values Are Not Expressed

Using your list of Valid Values, list which values are not expressed in each of the areas of your life:

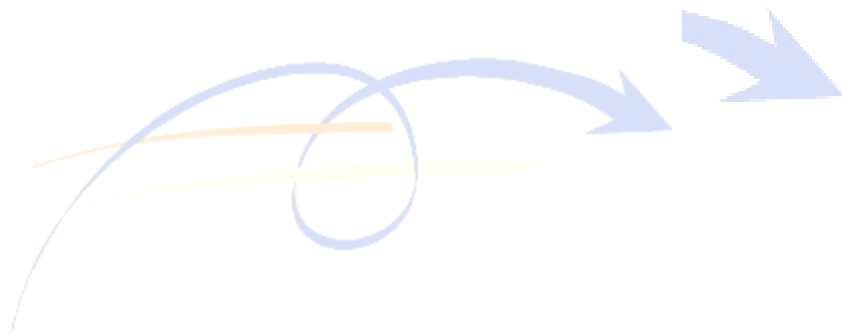
Work:

Home / Environment

Intimate relationship

Family

Friends / social settings





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### **Step 7**

Understanding Your Insights About Your Valid Values

What do you see about the lists in each area? What insights do you have about how you use or fail to use your Valid Values in each area?

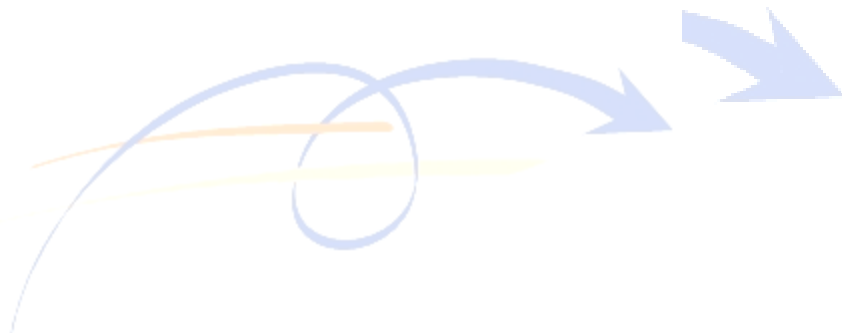
Work:

Home / Environment

Intimate relationship

Family

Friends / social settings



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**Step 8**

Understanding The Impact Of Your Valid Values In Your Life

Expressing your Valid Values in your life is having an impact. Not expressing your Valid Values in key areas of your life is likely having an impact as well. What is the impact of using or not using your Valid Values in each of these areas?

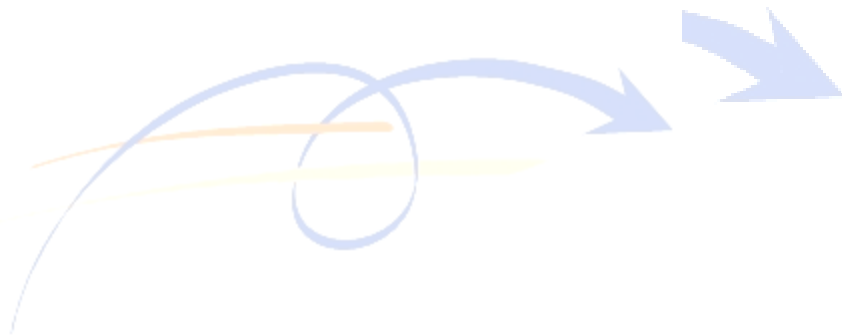
Work:

Home / Environment

Intimate relationship

Family

Friends / social settings





## **EXCELERATOR JUMP START: DEFINING AND LIVING YOUR VALID VALUES**

### **Step 9**

Bringing Your Valid Values Into All Areas Of Your Life

What can you do to bring all your Valid Values into all these areas of your life?

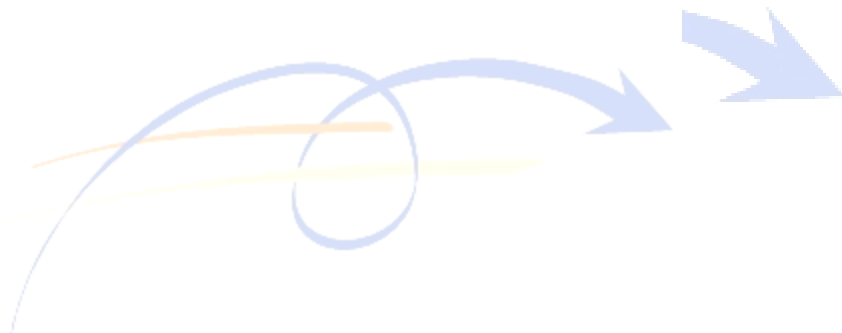
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