

Excelerator

JUMP START

Excelerated Acceptance™

Quick actions you can take *right now* to **Jump Start** your *Excelerated* life.

Steven Huskey

EXCELERATOR JUMP START: ACCEPTING THE THINGS YOU ARE STRUGGLING WITH

"Acceptance of what has happened is the first step to overcoming the consequences of any misfortune."
~ William James

Excelsator Jump Start

Excelsated Acceptance™ -- identifying and accepting the things you are struggling with -- is one step in creating your **Excelsated Life™**, a life of flourishing, 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 to begin accepting the things you are struggling with -- the first step for change.

Why Use Jump Start?

What are you struggling with right now? Are you beating yourself up because of things you should have done but didn't? Ought to do but haven't? Must do but don't wanna?

There is another way. It's called "acceptance".

Acceptance doesn't mean approval or agreement or condoning or consenting or endorsement. It simply means you understand that things are what they are and that what is, is.

This doesn't mean you can't change things. But struggling and fighting and expending great amounts of effort are usually not the best ways to make changes. Once you accept the situation, you can relax and explore the possibilities for change. Once you accept the situation, you may realize there is nothing that needs to change.

Given our limited perspective, it is often difficult to see every adversity that befalls us as a learning experience. But when we can adopt that attitude, opportunities open up to us that we would otherwise miss. "*Every adversity, every failure, every heartache,*" said Napoleon Hill, "*carries with it the seed of an equal or greater benefit.*" And Norman Vincent Peale:

"The keys to patience are acceptance and faith. Accept things as they are, and look realistically at the world around you. Have faith in yourself and in the direction you have chosen."
~ Ralph Marston

TheExcelsatedLife.com

A life of well-being, meaning and purpose

EXCELERATOR JUMP START: ACCEPTING THE THINGS YOU ARE STRUGGLING WITH

"Everything in life changes you in some way. Even the smallest things. If you do not accept these changes you do not accept yourself. For through these changes brings new and greater things to you, making you wiser, as time progresses. To avoid these changes is a loss. You only live your life once. Do not waste a minute of it avoiding things. Let them come to you, and learn from them. There is always tomorrow."
~Adam R. Gwizdala

"The first step toward change is awareness. The second step is acceptance."
~ Nathaniel Branden

"Whenever God wants to send you a gift, he wraps it up in a problem. The bigger the problem, the bigger the gift". There is no failure unless you quit.

True acceptance is hard. Changing and moving forward is harder. But the hardest thing of all is staying stuck where you are. There once was an advertisement for car maintenance with the catch phrase: "Pay me now or pay me later." It meant you can pay a relatively small amount for maintenance now or pay a much greater amount for repairs later.

When will you pay? You can pay the price of doing the hard work of accepting, then moving on. Or you can pay the higher price of doing nothing, of using "acceptance" as an excuse to stay stuck where you are. Either way, you're going to pay. Why not choose the cost that leads to peace of mind and growth?

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 find yourself struggling to accept an event, a situation or a person and thinking in terms of should or shouldn't, **JUMP START** your ability and your resolve to accept and deal with all the things sent your way as you pursue your **Excelerated Life**.

How To Use Jump Start?

Here are steps you can take *right now* to begin identifying and accepting the things you are struggling with – to begin learning and using **Excelerated Acceptance**. 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

TheExceleratedLife.com

A life of well-being, meaning and purpose

EXCELERATOR JUMP START: ACCEPTING THE THINGS YOU ARE STRUGGLING WITH

"Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it."
~ Michael J. Fox

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

You may be dealing with a crisis right now. If you are, hold that experience in your head. If you are not, imagine that you are faced with a deeply painful event, such as the death of a loved one. It will hurt, but make it as real as you can.

Then with your real or imagined crisis in mind, consider these options. Will one or more of them aid you in accepting the current situation and then taking the next step?

- ✓ Listen deeply and empathically.
- ✓ Suspend judgment / do not judge.
- ✓ Breathe.
- ✓ Meditate.
- ✓ Detach from things.
- ✓ Detach from outcomes.
- ✓ Love for real.
- ✓ See the big picture.
- ✓ Develop a long time perspective.
- ✓ Fear not! -> trust the higher power (Spirit).
- ✓ Feel the fear and do it anyway.
- ✓ Feel the grief and do it anyway.
- ✓ Be present and be available.
- ✓ Go small -> handle the details.

- a. Think about 1 thing you are struggling against, big or small.
- b. Decide, right now, that you accept the situation, just as it is - not how you wish it were or how it "should" be.

"I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear."
~ Rosa Parks

EXCELERATOR JUMP START: ACCEPTING THE THINGS YOU ARE STRUGGLING WITH

"I think tolerance and acceptance and love is something that feeds every community." ~ Lady Gaga

c. Consider the law of cause and effect. You may have had no control over the original cause that led to the result you are dealing with. Decide on the result you want and begin setting into play the actions that lead to your desired outcome.

d. Take the first small step toward putting the new cause into action.

"No shame, no blame." This mantra comes from Joe Dominguez in his book, *Your Money Or Your Life*. He used it in the context of examining one's spending habits, but it can have a wider use. Neither feeling shame nor trying to place blame is helpful in any situation. When you look on adverse experiences as chances to learn, the concepts of "shame" and "blame" are no longer relevant. You may even find yourself feeling grateful for the lesson.

Look for the "seed of good". *"Every adversity, every failure, every heartache carries with it the seed of an equal or greater benefit."* ~ Napoleon Hill

Finding the good in failure and adversity is hard to do. But when you find it, the darkest problems can yield the greatest blessings. The "seed of good" is always there, if you believe it is. And when you believe it is there, you will do the soul-searching that is often required to find it.

Learn the lesson. When I first began driving, my car's fuel gauge didn't work. As a result, I frequently ran out of gas and was stranded on the side of the road. Did I learn from this adversity the first time it happened? Well, I was 16 and not aware of many of these principles. So, I ran out of gas again and again and again. Eventually, even I got the lesson and began putting gas in my car each time I drove it. I have never run out of gas since then. Adversity is a Teacher. What is the lesson your Teacher is bringing to you? If you don't get it this time, you WILL get another lesson.

"Acceptance of what has happened is the first step to overcoming the consequences of any misfortune." ~ William James

TheExceleratedLife.com

A life of well-being, meaning and purpose

EXCELERATOR JUMP START: ACCEPTING THE THINGS YOU ARE STRUGGLING WITH

"I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something."
~ Neil Gaiman

"We can never obtain peace in the outer world until we make peace with ourselves."
~ Dalai Lama XIV

- Stay positive. Disappointment. Discouragement. Frustration. These are not positive emotions but they are the emotions that often accompany failure. These emotions do not foster creative thinking or help you find the "seed of benefit" in the current situation. As a matter of fact, according to Dr. Barbara Fredrickson's "broaden and build" theory of positive emotions, negative emotions narrow our focus, make us less resilient, and hamper our ability to bounce back from a setback. You are likely not overjoyed by your failures, but if you can take the broader perspective and see the failure or problem as a gift from the divine, you are more apt to find the lesson, the seed of good.
- Regroup. A major failure is likely going to leave you a little shell-shocked. You feel disappointment. You may find the situation hard to believe or difficult to accept at first. You could be angry or hurt or embarrassed. It's OK to take a few minutes or a few hours or a few days to regroup, to lick your wounds, and to take care of yourself. No pity parties but a little self-care is called for. Remember the mantra, "No blame, no shame".
- Act. One of the quickest ways I have found to keep yourself out of the doldrums of negative thinking is action. When you face a setback or failure, get busy. As Cathy Stucker ([The Idea Lady](#)) says: "I have a firmly-held belief that it is better to do the wrong thing than nothing. Any action you take will lead you closer to your goal." In this case, you may not be ready to act on the event or situation that caused the failure or problem. That's OK. Turn it over to your wise subconscious mind to mull over. Turn your attention to doing something - anything -- else. Get out in nature and take a walk. Help someone less fortunate than you. Play with your kids. Get busy and the lesson (and often the solution you are looking for) will come in their own time.
- Embrace failure. It can be counter intuitive to embrace failure, but it is an important part of success - like the 2 sides of a coin. Failure provides vital feedback on what we need to improve - it is a powerful learning tool, if we remove any

TheExceleratedLife.com

A life of well-being, meaning and purpose

EXCELERATOR JUMP START: ACCEPTING THE THINGS YOU ARE STRUGGLING WITH

"Truth never pleads or compromises or wavers. It invites and awaits your acceptance." ~ Vernon Howard

stigma of failure from our mind. Consider your last failure. What important lesson did you learn?

When you are faced with a difficulty, you can choose one of these options: solve it, change your perception of the situation, practice radical acceptance or be miserable.

If you can solve the issue, that is the first option. If you can't solve it, but can change your perception, then do that. If you can't solve it or change your perception, then practice radical acceptance.

"Begin by focusing on your breath. Just notice thoughts you might have, such as the situation isn't fair, or you can't stand what happened. Let those thoughts pass. Give yourself an accepting statement, such as 'It is what it is'. Practice it over and over again. Acceptance often requires many repetitions." [Hall]

Sometimes, "acceptance simply means that we lower our expectations. If we don't, perfectionism will take its toll by increasing our sense of failure." [Newberg, p.230]

For example, a person wants to quit smoking but ends up reducing a 3-pack-a-day smoking habit to 1 pack. This is still a significant improvement.

Be easier on yourself, easier on others, easier on everything. Suspend judgment of the way things should be or ought to be. "*Suspending judgments gives you greater ease,*" said Peter McWilliams. "*Consider ease the antidote for disease.*" [McWilliams, p. 237]

"I am what I am."
~ Popeye

EXCELERATOR JUMP START: ACCEPTING THE THINGS YOU ARE STRUGGLING WITH

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.

Resources:

Fredrickson, Ph.D., Barbara, L. Positivity. New York: Crown Publishing Group, 2009

Hall, PhD, Karyn. "Radical Acceptance." Psychology Today. Sussex Publishers, LLC, July 8, 2012. Web. October 16, 2019. <https://www.psychologytoday.com/us/blog/pieces-mind/201207/radical-acceptance>

McWilliams, Peter. You Can't Afford The Luxury Of A Negative Thought. Algonac, MI: Mary Books / Prelude Press, 1995

Newberg, MD, Andrew and Mark Robert Waldman. How God Changes Your Brain. New York: Random House Inc., 2009.

Robin, Vicki and Joe Dominguez. Your Money Or Your Life. New York: Penguin Books, 1992, 2008



EXCELERATOR JUMP START: ACCEPTING THE THINGS YOU ARE STRUGGLING WITH

INVITE A FRIEND to **The *Excelsior* Life™**. If you have friends or colleagues who would enjoy this material, please forward it to them and invite them to subscribe to [The *Excelsior* Life.com](http://TheExcelsiorLife.com). Please keep the document intact, including contact and copyright information.

Disclaimer: This material is presented for information and entertainment only. The information presented in this document is not intended as a substitute for medical, psychological, legal, or financial counseling. No results are implied nor guaranteed. If you choose to apply any of the information included in this document, you do so strictly at your own risk. You should not rely on this information as a substitute for, nor does it replace, professional advice, diagnosis, or treatment. The author disclaims any responsibility or liability resulting from actions advocated or discussed herein. Please seek professional care if you believe you may have a condition that warrants it.

Copyright © 2016, 2019 by Steven Huskey. All rights reserved.

You are welcome to print a copy of this document for your personal use and to share with friends or colleagues. Please keep the document intact, including contact and copyright information.

Other than that, no part of this publication may be reproduced, stored, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the 1976 United States Copyright Act, without the prior written permission of the author.

Requests to the author for permission should be addressed to the following email: Steven@my-excelerator.com

TheExcelsiorLife.com

A life of well-being, meaning and purpose