

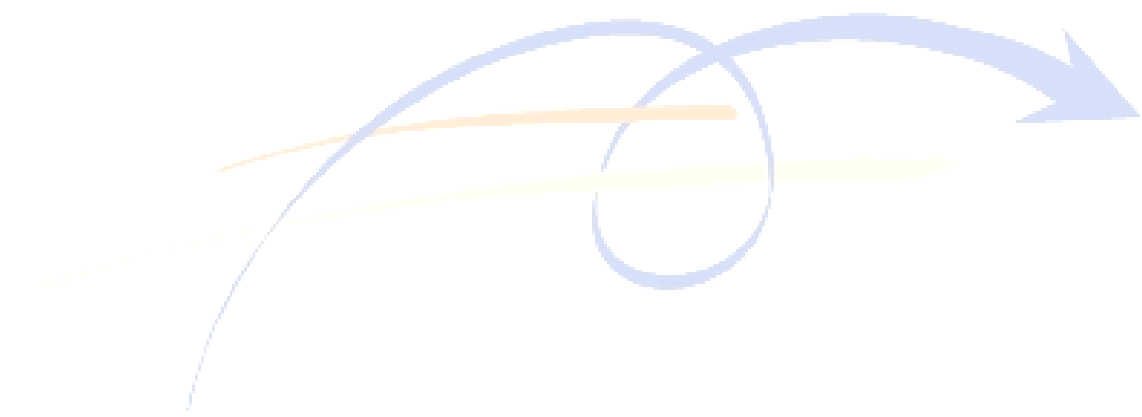
Excelerator

JUMP START

Excelerated Discipline™

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

Steven M. Huskey



"The ability to discipline yourself to delay gratification in the short term in order to enjoy greater rewards in the long term, is the indispensable prerequisite for success."
~ Brian Tracy

"Self-esteem does not lead to success in life. Self-discipline and self-control do."
~ Roy Baumeister

Excelsator Jump Start

Excelsated Discipline™ -- doing what you say you will do -- 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 to begin doing what you say you will do, the first step in self-discipline which leads to self-mastery.

Why Use Jump Start?

During an interview with Brian Tracy, a leader in the field of self-development, the interviewer asked Tracy if he had one overarching "secret" of achieving success or attaining a goal. Brian stated that he had been asked this question hundreds of times, usually at the end of a TV or radio interview. And for years, he declined to answer the question, believing that there were a number of strengths and skills needed for one to achieve success in any of its forms. However, Brian stated, he has come to believe that there is one attribute that is more important than all the others in determining the likelihood of one's achieving any goal. What is the attribute? The "secret" of success? "Do what you say you will do."

Do what you say you will do. For many of us, discipline has a negative connotation, usually involving some type of punishment. We sometimes think of self-discipline as making ourselves do something we don't want to do. In this view, discipline is viewed as an antithesis to "freedom".

But self-discipline is not a hindrance to freedom. True freedom means you have options. Self-discipline gives you more options. "Never are you less free," says Gary Ryan Blair, "then when you are held hostage by your excuses and lack of discipline. When discipline is lax, enslavement and mediocrity follow!" [Blair]

TheExcelsatedLife.com

A life of flourishing, well-being, meaning, purpose, and service.

EXCELERATOR JUMP START: DOING WHAT YOU SAY YOU WILL DO

"If we don't
discipline
ourselves, the
world will do it
for us."
~ William
Feather

You won't make changes you want to make without using self-discipline to help yourself get into new habits of behavior. The good news is that you can increase your ability to select and perform the actions you must take to reach a new goal or objective. Do what you say you will do. Select some small activity and perform it consistently until it becomes a habit. Then select another, then another. In this way, your self-discipline grows and you are able to perform bigger acts consistently. That is how you build the habit of discipline.

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 **not** doing the things you say you want to do in order to be who you want to be, or you're slipping back into old, unhelpful – even destructive -- habits, **JUMP START** your ability and your resolve to do what you say you will do as you pursue **your Excelerated Life™!**

How To Use Jump Start?

Here are steps you can take *right now* to begin doing what you say you will do – to improve your self-regulation. 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.

"Mastering others
is strength.
Mastering
yourself is true
power."
~ Lao Tzu

TheExceleratedLife.com

A life of flourishing, well-being, meaning, purpose, and service.

"Your life is the sum result of all the choices you make, both consciously and unconsciously. If you can control the process of choosing, you can take control of all aspects of your life. You can find the freedom that comes from being in charge of yourself."
~ Robert F. Bennett

"In the long run, we shape our lives, and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility."
~ Eleanor Roosevelt

What To Do

- ☞ Understand that you don't need tons of self-discipline to live the **Excelsior Life™**. Few successful people have unlimited self-discipline. You need just enough discipline to train yourself to behave in a certain way – to form a habit.
- ☞ Instill one daily habit. Make it something that is good for you and makes you feel good about yourself. Once you start, do it EVERY DAY until it becomes second nature. Once it is a habitual practice, add another daily habit. Discipline improves with practice so make it easy and pleasurable to practice your new habits.
- ☞ Sometimes it helps to have a ritual - a set series of activities you perform to start an action you want to make a habit of. A ritual helps "burn in" the habit by helping you perform the actions that will become habitual without having to think about them too much.
- ☞ Begin using a morning and an evening routine. An evening routine to help you wind down and let your body and brain know it's time for rest and sleep. And a morning routine to get your day off to the best possible start. "*The first hour sets the tone for the day,*" says [Brian Tracy](#). "*The things that you do in the first hour prepare your mind and set you up for the entire day.*" By the way, getting the morning off to a good start begins the night before with getting enough sleep.
- ☞ What is the #1 thing you need to START doing that, if you do it daily, will have the most positive impact on your life? Remember, make it a small step that is so easy, it is nearly impossible not to do it.
- ☞ What is the #1 thing you need to STOP doing that, as you completely eliminate it, will have the most positive impact on your life? The easiest way to beat a harmful habit is to replace it with a positive habit. What can you do to replace the habit you want to stop with a positive habit?

TheExcelsiorLife.com

A life of flourishing, well-being, meaning, purpose, and service.

EXCELERATOR JUMP START: DOING WHAT YOU SAY YOU WILL DO

"Little drops of water, little grains of sand, make the mighty ocean and the beautiful land."
~Julia Carney

"You will never change your life until you change something you do daily. That means developing great habits. Discipline is the bridge between goals and accomplishments, and that bridge must be crossed every day. Over time that daily crossing becomes a habit. And ultimately, people do not decide their future; they decide their habits and their habits decide their future." ~ John C. Maxwell

- ☞ Change 1 thing. Select some small activity and perform it consistently until it becomes a habit. Then select another, then another. In this way, your self-discipline grows and you are able to perform bigger acts consistently. That is how you build the habit of discipline.
- ☞ A lapse is not a relapse. Don't give up at the first mistake or first missed opportunity. Don't berate yourself -- that only makes it more likely that you'll give up. [Szalavitz] Realize in advance that the occasional slip up is inevitable. Be prepared with your plan of how you'll get yourself back on track when the unavoidable missteps happen.
- ☞ Under-commit. When you are choosing the small changes you will make, or the habits you want to start, make them too easy, ridiculously easy. If you think you can walk a mile, commit to walking a quarter of a mile. If you think you can do 10 push ups each day, commit to doing 4. Whatever you choose, start very, very small. The critical thing in taking small steps is to be consistent. That means NEVER deviating. And one of the easiest ways to do this is by under-committing.
- ☞ Save \$1.00 per day. How could you save \$1.00 each day? Skip a cup of coffee or a soft drink? Pack a healthy snack instead of grabbing something from the snack machine? Give up smoking? Most people can easily start saving \$1.00 per day. Over 10 years, at a 5% compound interest rate, that adds up to \$4,820. Over 20 years, \$12,672. Start with the small step of \$1.00 per day. Then see if you can save \$5.00, then \$10.00 per day.
- ☞ Do what you love and love what you do. This is a "Live With" from Michael Ray's book, *The Highest Goal*. Loving everything you do may mean looking at the activity in context. There are probably parts of your job that you don't "love" -- try observing them in the overall context of your work. You may not love getting up a half-hour earlier in the morning to exercise, but see the benefits you receive, both physically and mentally, as highly rewarding.
- ☞ Consider adopting a daily spiritual practice (regardless of your beliefs). This might include prayer, meditation, chanting, reading and contemplating a passage from the wisdom literature, or a physical activity that promotes healing, such as Qigong, Tai

TheExceleratedLife.com

A life of flourishing, well-being, meaning, purpose, and service.



EXCELERATOR JUMP START: DOING WHAT YOU SAY YOU WILL DO

What is an Excelsator?

Excelsator is a combination of two words:

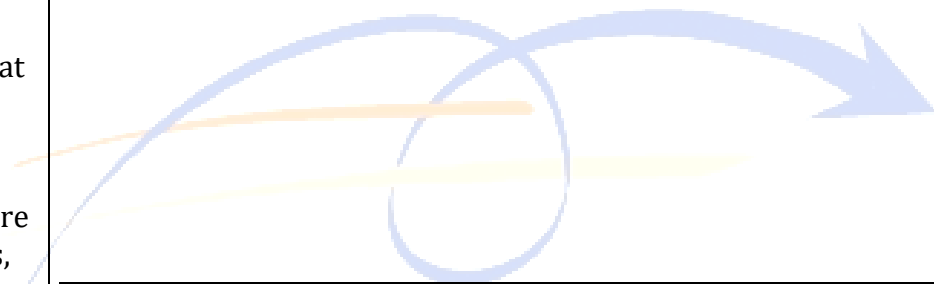
excel - to shine, to be outstanding, be first rate and exceptional

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.

Chi Chih, or yoga. A few minutes spent daily in one of these activities can have life time benefits. It can also help you stay calm and focused during the bustle of your day



Blair, Gary Ryan. *Everything Counts!* Hoboken, NJ: John Wiley & Sons, Inc., 2010

Ray, Michael. *The Highest Goal -- The Secret That Sustains You In Every Moment.* San Francisco: Berrett-Koehler Publishers, Inc, 2004

Maia Szalavitz, "Why Falling Off the Wagon Isn't Fatal", 30 December 2008, 7 October, 2014,
<<http://content.time.com/time/health/article/0,8599,1868965,00.html>>

TheExcelsatedLife.com

A life of flourishing, well-being, meaning, purpose, and service.



EXCELERATOR JUMP START: DOING WHAT YOU SAY YOU WILL DO

INVITE A FRIEND to **The *Excels*erated Life™**. If you have friends or colleagues who would enjoy this material, please forward it to them and invite them to subscribe to [The *Excels*erated Life.com](https://www.theexcels.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 to be, nor should it be used as medical, psychological, legal, or financial counseling. No results are implied or guaranteed.

The author and The Excels^{erated} Life, LLC shall not be liable for your misuse of this material. If you choose to apply any of the information included in this document, you do so strictly at your own risk. The author and The Excels^{erated} Life, LLC disclaim any responsibility or liability resulting from actions advocated or discussed herein. You should not rely on this information as a substitute for, nor does it replace, professional advice, diagnosis, or treatment. Please seek professional care if you believe you may have a condition that warrants it.

The author and The Excels^{erated} Life, LLC do not guarantee that anyone following these techniques, suggestions, tips, ideas, or strategies will become successful. The author and The Excels^{erated} Life, LLC shall have neither liability nor responsibility to anyone with respect to loss or damage caused, or alleged to be caused, directly or indirectly by the information contained in this document.

Copyright © 2016, 2018, 2020, 2023 by The Excels^{erated} Life, LLC. 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

TheExcels^{erated}Life.com

A life of flourishing, well-being, meaning, purpose, and service.