

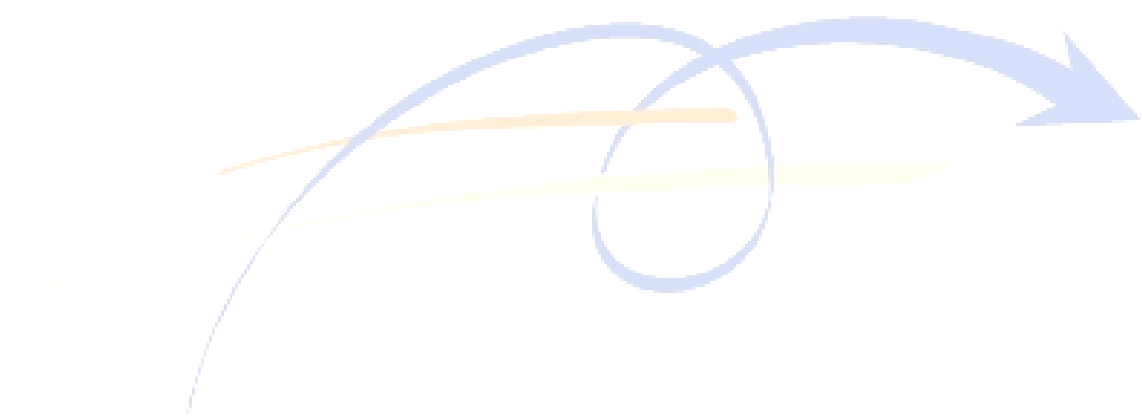
Excellerator

JUMP START

Excelerated Focus™

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

Steven M. Huskey



EXCELERATOR JUMP START: ALIGNING YOUR ACTIONS WITH YOUR TRUE DESIRES

"If you chase two rabbits, both will escape."
~ Russian Proverb

Excelsator Jump Start

Excelsated Focus™ -- aligning your actions with your true desires -- is one practice for creating your **Excelsated Life™**, a life of flourishing and well-being, and a life of meaning, purpose, and service.

This **EXCELERATOR JUMP START** provides quick actions you can take *right now* to **JUMP START** your **Excelsated Life™** and to begin choosing and performing the actions that lead to what you truly desire.

Why Use Jump Start?

"If you change the way you look at things, the things you look at change."
~ Wayne Dyer

"If you chase two rabbits, you will not catch either one." ~ Russian proverb

What do you think is holding you back? Do you need to be better organized? Do you need to be more productive? Do you need more time? more money? more energy? What do *you think you need* to move forward toward creating the life you want to live?

The **Excelsated Life™** contains strategies to be more productive, to be better organized, to live more simply, to have more energy, to be more positive, and so forth. These are important and can lead to a life of well-being, meaning and purpose, a life of flourishing. They can help make your life easier, more meaningful, more enjoyable, and more fun.

But let me suggest that if you think something is holding you back, then that thought is the problem. If you think you need anything more than what you have, that thought is keeping you in place.

"You cannot overestimate the unimportance of practically everything."
~ John Maxwell

You are free to choose your actions, but you must take the consequences of those actions. "*Our behavior is governed by principles,*" said Stephen Covey. "*Living in harmony with them*

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"Focusing on the essentials is a choice. It is your choice. That in itself is incredibly liberating."
~ Greg McKewon

brings positive consequences; violating them brings negative consequences. We are free to choose our response in any situation, but in doing so, we choose the attendant consequence. 'When we pick up one end of the stick, we pick up the other.'"
[Covey]

Don't think about needing to be more or have more than you already are and have. Focus on what you are and what you have, so that you grow into the person who does the things you dream about doing. Don't focus on *becoming*, simply be.

Action is important. Action is necessary if you want to get anything done, whether it's washing the dishes or completing the great American novel, cleaning the garage or taking the trip of a lifetime. Action is necessary but results are essential. You cannot get results without taking action, but you can take action without getting the results you want.

"What is it you plan to do with your one wild and precious life?"
~ Mary Oliver

Are the actions you are performing providing the results you desire?

You can achieve almost any goal that is meaningful to you. The solution is simple but it is not easy. Choose the consequences you want, then perform the actions that result in the consequences. Be clear on the actions you have chosen and the reasons you have selected them. That is using **Excelerated Focus™**.

When To Use Jump Start?

"If you aren't actively involved in getting what you want, you don't really want it."
~ Peter McWilliams

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 you are busy but not making progress toward your goals, or you're not doing the things that lead to what you really want, or you don't know what you want, **JUMP START** your ability to focus on the actions that are in alignment with your true desires as you pursue your **Excelerated Life™**.

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"Today you are
You, that is truer
than true. There
is no one alive
who is Youer than
You."
~ Dr. Seuss

"Whatever you
have to say, say
it with love. And
whatever you
have to hear, hear
it with love."
~ Mike Dooley
(aka "The
universe")

"There are no
extra pieces in the
universe.
Everyone is here
because he or she
has a place to fill,
and every piece
must fit itself
into the big
jigsaw puzzle."
~ Deepak Chopra

How To Use Jump Start?

Here are steps you can take *right now* to begin aligning and focusing your actions on your true desires – to begin learning and using **Excelerated Focus™**. 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

☞ When you are overwhelmed and paralyzed by too much of anything, good or otherwise, narrow your focus so you can get back on track.

1. Make a list of all the options you have to choose from.
2. Remove any items that you don't want to do or that don't move you in the direction of your goals and objectives. Prioritize the remaining items, tasks and opportunities.
3. Select one (and only one) item. If you use the prioritizing technique in the previous step, you should have one item on your list that is your top priority.
4. You now have the one option that you intend to focus on. It is imperative that you take action on the task or opportunity right away, while your motivation is high. Take the first step.

☞ Using the [10 Pillars of a Balanced Life](#), look at different areas of your life: Professional, Financial, Physical, Spiritual, Intimacy, Social Support, Family, Learning/Growth, Home/Office, and Play/Fun. For each area, decide where you are right now (where 1 is "not at all" and 10 is "it couldn't be better"). Color in the appropriate number of blocks, including the last column of "Overall Life Satisfaction". You'll end up with a graph of where you see

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"Great acts are
made up of small
deeds."

~ Lao Tzu

"Do what you're
good at and
everything else
will fall into
place."

~ Willnett
Crockett

"If you're waiting
to have a good
idea before you
have any ideas,
you won't have
many ideas."
~ David Allen

yourself in all areas. Now, pick one - most people pick the one in which they have the lowest score - and decide on three small changes you can make this week to improve in this area. Or if you're really ambitious, set yourself a bigger goal in this area and begin taking small steps to move in the direction of your new goal.

☞ "Now what needs to be done?" When you find yourself losing focus, stop and ask this question. Ask yourself throughout the day, "Now what needs to be done?" Are you struggling to form a good habit? "Now what needs to be done?" Are you faced with a challenge? "Now what needs to be done?" Did life just blow up in your face? "Now what needs to be done?" Not "What do I feel like doing?" Whenever you don't know what to do, answer the question "Now what needs to be done?"

☞ Use this model: Identity > Actions > Feelings. Many people work from the model: Feelings > Actions > Identity. They choose their actions based on how they feel and their identity comes from their action. But not you! Don't do it when you feel like it, decide who you are and act in accordance with your identity. Focus on your identity, who you want to be, and not what you feel like right now.

☞ When you are faced with a problem, first clearly define it. Then, engage in divergent thinking by seeking multiple alternatives rather than convergent thinking of focusing on only one solution.

☞ Remember that there's a difference between "positive thinking" and "positive focus". Thoughts are powerful things -- most of us don't realize how powerful -- but they are not all-powerful. To quote Peter McWilliams, "*Positive thinking only puts a gap between where you are physically and where you think you 'should' be.*" [McWilliams]

Napoleon Hill tells us there is something positive in any situation, no matter how bad or harsh or sad. But we have to look for the "seed". It isn't always readily apparent. If you keep a positive focus, looking for the beauty and the good and the beneficial in every situation, your thoughts

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"One isn't necessarily born with courage, but one is born with potential. Without courage, we cannot practice any other virtue with consistency. We can't be kind, true, merciful, generous, or honest."
~ Maya Angelou

and feelings and emotions will remain positive and you'll find that "seed of benefit" in even the most hopeless situation.

Start small but start now! Once you've decided on your BIG (Bold, Important, Gratifying) goal and are excited by the benefits to be realized by achieving it, action becomes of prime importance. Under-commit. Choose a step toward your goal that is 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 ten push-ups each day, commit to doing one. The key is to make it so easy to take the first step toward your goal, that it is easier to do it than not to do it. How can you take a small step toward your BIG goal? How can you make it easier to do than not to do? Consider your goal and think of the smallest step you can consistently take toward it. Then come up with ways to make it easier to take the step than to not take it.

To remove the fear and pressure of doing something, practice. When you are afraid you cannot do a thing perfectly, you are apt to postpone it or avoid doing it at all. When you have to do something you are afraid to do, think of it as practicing. Is there a major task or onerous chore you've been putting off? "Practice" doing the task or chore.

What do you think is holding you back? Do you need to be better organized? more productive? Do you need more time? more money? more energy? What do *you think you need* to move forward in creating the life you want to live? If you think something is holding you back, then that thought is the problem. If you think you need anything more than what you have, that thought is keeping you in place.

Focusing on the need to be or do or have something causes the need to increase. Don't focus on the *need* to be or do or have something in order to grow or move forward, focus on being and doing and having those things. Focus on what you are and what you have, so that you grow into the person who does the things you dream about doing. Don't focus on *becoming*, focus on *being*.

"In theory there is no difference between theory and practice. In practice there is."
~ Yogi Berra

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"You can make excuses or you can make progress, but you cannot make both."
~ Mia Love

"If you want to conquer fear, don't sit home and think about it. Go out and get busy."
~ Dale Carnegie

Carry one thing with two hands rather than two things with one hand."
~ Edward Brown

☞ If you *think* you want something, but so far thinking is all you've done, maybe it's time to re-visit that thought. You have 3 choices.

1. You can decide not to decide and so choose by default. You can continue to go through life with blinders on, fooling yourself and pretending you want what you say you want.
2. You can decide that what you say you want isn't really what you want after all, that your goal isn't really *your* goal. Go ahead and mark it off your list. Often this frees you up to pursue a real goal.
3. You can decide that you really do want what you say you want and begin taking real action steps toward getting it. Bringing your desires and your actions into alignment gives you a sense of integrity.

☞ To help you reclaim and retain your focus on what's important, consider implementing these steps:

- Do less. Simplify your to-do list by eliminating non-essential tasks. Prioritize activities that align with your BIG (Bold-Important-Gratifying) goals, shedding the unnecessary weight that hampers your focus.
- Finish what you begin. Cultivate a habit of completing tasks before moving on to the next. This practice instills discipline and prevents distractions from derailing your progress.
- Shield yourself from interruptions and distractions. Minimize external disruptions by creating a focused work environment. Silence your phone, disable e-mail notifications, and establish boundaries to safeguard your concentration.
- Have a plan. Outline clear objectives and develop a roadmap to achieve them. Break down complex tasks into smaller, manageable steps to enhance clarity and maintain a sense of progress.
- GYLIO - get your life in order. Prioritize personal organization by dealing with tolerations, simplifying routines, and automating necessary tasks. A decluttered environment allows for better mental focus and minimizes distractions.

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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.

☞ Shine the light of your focused attention on your efforts. Here are some questions to ask and answer to help you get clarity of purpose.

- If I could accomplish only one thing, what would it be?
- What is something I am not doing now that I want to start doing?
- What is something I am doing now that I want to stop doing?
- What are my top 5 strengths? What could I do to use these more consistently?
- What do my friends say I am good at?
- What makes me angry? (By this, I mean "righteous indignation".) What injustice do I see in the world that I want to make better?
- After I am dead, what do I want to be remembered for?

Resources:

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

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



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