

*Excelerator*

**JUMP START**

*Excelerated Response™*

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

Steven M. Huskey





Create Your Life.

## EXCELERATOR JUMP START: DEALING WITH THE THINGS YOU'VE BEEN TOLERATING

Tolerating is essentially about desensitizing yourself. If you put some beautiful music on your stereo and suddenly a lot of racket fills the air – horns honking, people yakking, whatever – you're going to have to strain to tune out those unwanted noises. Part of your energy is going into hearing, part into not hearing. Since some of the musical notes are going to be of the same frequencies as the unwanted noises, you'll hear much less music. In the same way, tolerations make you block out a lot of life's happiness, just because you're trying not to be affected by what annoys you."

~ Thomas Leonard,  
*The 28 Laws Of Attraction*

### **Excelsator Jump Start**

**Excelsated Response™** -- dealing with the things you've been tolerating -- 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 begin dealing with the things you are tolerating.

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

Thomas Leonard, the "father" of life coaching, was one of the first people to understand and point out how tolerating petty annoyances was a huge drain on one's energy. Leonard defined *tolerations* as those things we "put up with, accept, take on, and are dragged down by" . . . including "people's behavior, situations, unmet needs, crossed boundaries, unfinished business, frustrations, problems, and even our own behavior."

Anything that you are putting up with, that you are tolerating, is a drain on your energy. Consider this. Think of one thing you are tolerating - let's say it's your garage that needs cleaning out and organizing. Every time you walk in to your garage, you get that uncomfortable feeling and think, "I've got to get this place straightened out some day." You've spent mental and emotional energy on the thought but have done nothing to alleviate the situation. Multiply that small drain by 60 or 100 such encounters every day and you see what a drain these annoyances are taking. Plus, every

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"Everything you are tolerating drains your energy, makes you irritable, and wears you down. It is very hard to be successful if you are putting up with a lot."

~ Talane Miedaner,  
Coach Yourself To  
Success

"Be master of your petty annoyances and conserve your energies for the big, worthwhile things. It isn't the mountain ahead that wears you out - it's the grain of sand in your shoe."  
~ Robert Service

time you think, "I've got to do this someday", your subconscious mind says "Right" and adds it to the running list it keeps of everything you have to do. Now, the subconscious has no sense of time. It doesn't understand "someday". So, from time to time, usually at an inopportune moment, the subconscious rises up and says, "Remember, you need to do this, and you need to do this, and you need to do this, and you need to do this, and you need to do this . . ." Energy expended, nothing accomplished.

### 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, **JUMP START** your ability and your resolve to deal with the things you've been tolerating.

### How To Use Jump Start?

Here are steps you can take *right now* to begin dealing with the things you are tolerating. 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.

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"The battle you are going through is not fueled by the words or actions of others; it is fueled by the mind that gives it importance."

~ Shannon L. Alder

"I don't have pet peeves like some people. I have whole kennels of irritation."

~Whoopi Goldberg

### What To Do

- ☞ List 3 - 5 pay-offs you receive from *not* dealing with something you are tolerating. Decide if putting up with the annoyance is worth the cost.
- ☞ Set a timer for 3 minutes and write down everything that comes to mind that you are tolerating or putting up with. Using the timer focuses your brain. At the end of 3 minutes, keep going if you need to.
- ☞ Carry your written list with you and add other annoyances as they come to mind.
- ☞ Set aside 10 minutes every day to deal with one of your annoyances. If it's too big to handle in 10 minutes, break the task down into smaller steps. Consistency is key.
- ☞ Notice when you are complaining. Stop complaining and make a strong request instead.
- ☞ Pick one thing you've been "stepping over" (figuratively or literally). Make a plan to deal with the thing in such a way that it doesn't come back to bite you for at least 5 years.
- ☞ Have a conversation with those close to you to let them know what you will no longer tolerate. Be kind. Be gracious. Be firm.

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### What is an *Excelserator*?

*Excelserator* 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.

*Excelserators* 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.

- ☞ Count the costs of what you are tolerating - the hard costs (money, time, energy) and the soft costs (space, opportunity, peace of mind). What can you save or gain by dealing with this thing once and for all?
- ☞ Look for ways to eliminate several annoyances at once. What change could you make that could help you deal with a number of things you are tolerating?
- ☞ Consider the distinction between being toleration free and being intolerant. One frees up energy, the other eats up energy.
- ☞ Think of one tiny “nit-picky” thing that gets under your skin. How could you deal with it once and for all? Do it.
- ☞ Plan how you will reward yourself when you have cleared up all your tolerations and annoyances. Set a date for the celebration when you have finished with all of them.

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### Resources:

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

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

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



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