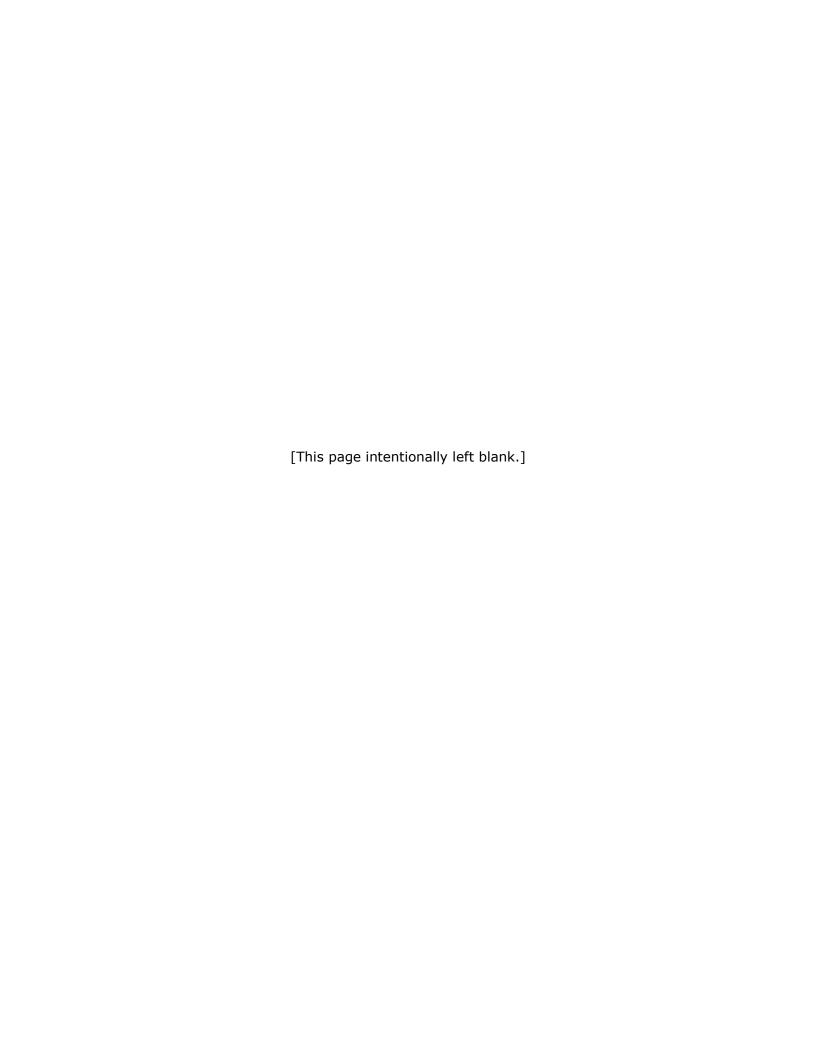


EXCELERATED LIFE™ MANAGEMENT CHECKLIST



Steven Huskey



Excelerated Life™ Management – 3 Simple Starts

Excelerated Life Management

Small steps to manage your time, energy, and priorities wisely.

~	Excelerated Simplicity [™]
	Identify one commitment you can let go of this week
	Choose a "not-to-do" item for today (something that clutters your mind or time)
	Declutter one area: a drawer, desktop, app, or mental worry
~	Excelerated Organization™
	Choose a spot (desk, inbox, calendar) to bring to "well-enough" order
	Create one system to avoid future clutter (e.g., a paper inbox or file naming rule)
	Reflect: What's one way my inner chaos shows up in my space?
~	Excelerated Habits™
	Pick one 2-minute habit to begin (walk, journal, stretch, pray, etc.)
	Attach it to an existing routine (after I make coffee, I)
	Track it for 5 days and notice how it feels
_	

"Success is not a one-time decision. It's a habit formed through small daily choices."

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