



Tools for the *Excelerated* Life

# *EXCELERATED* LIFE™ MANAGEMENT CHECKLIST



Steven Huskey



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# ***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

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“Success is not a one-time decision. It’s a habit formed through small daily choices.”

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

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