



Tools for the *Excelerated* Life

EXCELERATED DISCIPLINE™

WEEKLY FOCUS TRACKER



[[Photo by Tobi](#)]

Steven Huskey



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Excelerated Discipline™

Weekly Focus Tracker

Use this worksheet to practice finding the “sweet spot” between simplicity and discipline. Each day, commit to one small, disciplined action that helps you grow stronger while keeping things simple.

1. The Discipline Sweet Spot

Each day, ask yourself:

- What is the most disciplined action I could take right now?
- What is the simplest action I could take right now?
- Where do they intersect? (This is your “sweet spot.”)

2. Daily Practice Tracker

Day	Disciplined Action	Simplest Action	My Sweet Spot	Completed?
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



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3. Weekly Reflection

At the end of the week, reflect on your progress:

- Which small disciplines felt easiest?
- Which were most meaningful?
- How did practicing discipline affect your confidence, focus, or well-being?

4. *Excelerated Discipline™* Checklist

Use this checklist as a quick reference tool to stay on track with practicing *Excelerated Discipline™*.

Check off items daily or weekly as reminders of the disciplines you are cultivating.

- Identify today's intersection of the simplest action and the most disciplined action you can take.
- Practice ONE simple discipline daily (health, well-being, or success-related).
- Celebrate completing your daily discipline — even if it feels small.
- Use rituals to make starting easier (e.g., clear your desk, say a cue phrase).
- Apply the '5 C's of Discipline': Clarity, Consistency, Communication, Caring, and Create (Consequence).
- Reflect each week: What worked well? What needs adjustment?
- Choose one new discipline only after the current one feels automatic.
- Pause and remind yourself: Success is built through simple disciplines, practiced daily.

TheExceleratedLife.com

A life of well-being, meaning and purpose



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For permission requests, please contact: steven@my-excelerator.com