

The *Excelerated* Movement™ Workbook



Create Your Life.

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A Guide to Taking Right Action in Pursuit of Your Goals

"Anyone can have intentions, and lots of people do. But it's action that matters."
~ Holiday Mathis

Introduction

The ***Excelerated* Movement™ Workbook** is designed to help you activate and apply the practice of taking right action in pursuit of your BIG (Bold-Important-Gratifying) goals. Each section focuses on a key aspect of movement and action, offering insights, exercises, and action steps to help you make tangible progress.

What Is *Excelerated* Movement™?

***Excelerated* Movement™** means taking right action, intentional, aligned, and purposeful steps, in the direction of your most important goals. It is the antidote to procrastination, drift, and stagnation. This practice activates progress, clarifies your direction, and builds confidence through consistent action.

Reflect

- What does "right action" mean to me in this season of life?
- Where in my life do I need more movement?
- What goal or dream have I delayed too long?

Clarify Your Direction

What Matters Most

1. What is a meaningful goal I want to achieve?
2. Why is this goal important to me?
3. What strengths or skills will help me move toward this goal?
4. What values are at stake if I don't act?

Assessing Your Readiness

Rate each statement from 1 (Not at all true) to 5 (Very true):

1. I take consistent action toward my most important goals.
2. I rarely procrastinate on things that matter.
3. I know what "right action" looks like in my current situation.
4. I move forward even when I feel uncertain or afraid.
5. I spend more time acting on my goals than planning them.
6. I use my energy and time intentionally.
7. I recover quickly from setbacks and keep moving forward.
8. I prioritize action aligned with my values over comfort.

9. I take responsibility for my results and course-correct when needed.
10. I feel a sense of momentum and progress in my life.

Reflect

- Which areas were lowest?
- What small shifts could help me improve these?
- What's one courageous action I've been avoiding?

Activate *Excelerated Movement*™

Small, Simple Ways to Start Moving

- Choose one goal to focus on this month.
- Break it down into small, visible actions.
- Schedule one action per day or per week.
- Set a time each day for focused execution.
- Use the “Now What Needs to Be Done?” prompt daily.
- Practice saying “yes” to your goal and “no” to distractions.
- Review your calendar weekly for alignment with your goal.
- Create an accountability ritual or partner.
- Celebrate small wins to reinforce momentum.
- Visualize the positive outcome of taking action.

The Cost of Inaction

Drawbacks of Not Moving

- Stalled progress and growing frustration
- Loss of motivation or confidence
- Drifting away from your purpose
- Regret over missed opportunities

Reflect

- Where am I delaying action—and why?
- What is it costing me to wait?

Build the Habit of Movement

Experiment: The “Action First” Week

- For 7 days, start each day by taking one action aligned with your top goal before checking email, social media, or news.
- Track how you feel after each session.
- At the end of the week, reflect: What changed in my energy, focus, or results?

Monitor Your Progress

Signs You're Practicing *Excelerated Movement*™

- You're completing more of what matters most.
- You experience fewer delays and less procrastination.

- You bounce back more quickly from distractions or setbacks.
- You feel a stronger sense of agency and purpose.
- You make steady progress, even in small steps.

Reflect

- What specific changes have led to improvement?
- What obstacles did I overcome this month?
- What adjustments can I make to keep moving forward?

Your *Excelerated* Movement™ Plan

Goal	Next Action	Deadline	Support Needed	Progress Notes

Use this page to track ongoing action and stay accountable to your goal.

Final Thought

Movement is life. Inaction breeds regret. Every right action you take brings you one step closer to the person you want to become—and the life you are meant to live.

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