

The *Excelerated* Contribution™ Action Checklist



Create Your Life.

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How to Use This Checklist

You don't need to do everything all at once.
Pick **one area**, choose **one or two actions**, and start there.
Small actions compound over time.

Excelsior Contribution™ begins with accomplishment. You identify meaningful objectives and pursue them with intention. But it doesn't stop there. The question becomes:

"How can my accomplishments benefit others as well as myself?"

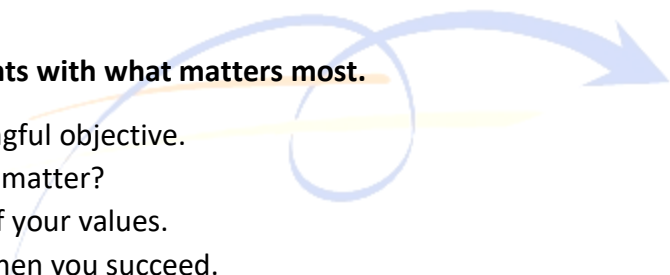
Or:

"How can I leave more value behind than I consume?"

The accomplishment remains important—but now it is connected to service.

1. Purposeful Goals

Align your accomplishments with what matters most.

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- ☐ Write down one meaningful objective.
 - ☐ Ask: Why does this goal matter?
 - ☐ Connect a goal to one of your values.
 - ☐ Identify who benefits when you succeed.
 - ☐ Rewrite a goal in contribution language.
 - ☐ Focus on impact, not just achievement.
 - ☐ Clarify your next milestone.
 - ☐ Review your major definite aim.
 - ☐ Eliminate a goal that no longer serves.
 - ☐ Take one step toward a meaningful objective.

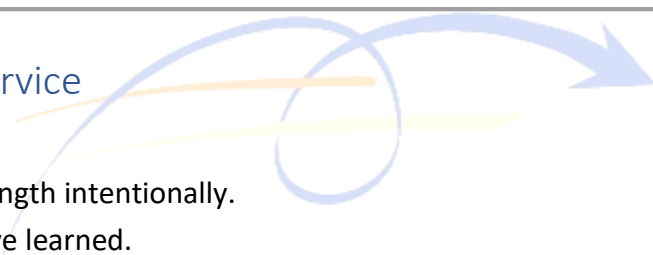
2. Creating Value

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

- ☐ Improve something you touch today.
 - ☐ Solve one small problem.
 - ☐ Make a process easier.
 - ☐ Share a useful resource.
 - ☐ Create something others can use.
 - ☐ Offer a practical solution.
 - ☐ Simplify a task for someone.
 - ☐ Answer a question thoroughly.
 - ☐ Look for unmet needs.
 - ☐ Leave things better than you found them.
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3. Strengths in Service

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- ☐ Use a signature strength intentionally.
 - ☐ Share a lesson you've learned.
 - ☐ Offer perspective.
 - ☐ Bring hope to a challenge.
 - ☐ Use gratitude to encourage someone.
 - ☐ Apply creativity to a problem.
 - ☐ Share knowledge freely.
 - ☐ Offer wise counsel when invited.
 - ☐ Use your gifts generously.
 - ☐ Ask: How can I help through my strengths?
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4. Investing in Relationships

- ☐ Give someone your full attention.
- ☐ Encourage a family member.
- ☐ Express appreciation.
- ☐ Schedule a meaningful conversation.
- ☐ Listen before advising.

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- ☐ Celebrate another person's success.
 - ☐ Strengthen a friendship.
 - ☐ Repair a strained relationship.
 - ☐ Make a memory with someone you love.
 - ☐ Put people before productivity.
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5. Teaching and Mentoring

- ☐ Share one useful insight.
 - ☐ Recommend a helpful book.
 - ☐ Teach a skill.
 - ☐ Answer a question thoughtfully.
 - ☐ Encourage a learner.
 - ☐ Tell a story from experience.
 - ☐ Help someone avoid a mistake.
 - ☐ Pass along wisdom.
 - ☐ Mentor informally.
 - ☐ Be a grateful teacher today.
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6. Stewardship

- ☐ Honor your commitments.
 - ☐ Care for your health.
 - ☐ Use time intentionally.
 - ☐ Manage resources wisely.
 - ☐ Finish what you start.
 - ☐ Reduce waste.
 - ☐ Improve one system.
 - ☐ Keep your word.
 - ☐ Be dependable.
 - ☐ Treat opportunities as gifts.
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7. Community Building

- ☐ Welcome someone new.
 - ☐ Volunteer your skills.
 - ☐ Support a local effort.
 - ☐ Connect people who can help each other.
 - ☐ Participate actively.
 - ☐ Contribute ideas.
 - ☐ Strengthen a group you belong to.
 - ☐ Be a good neighbor.
 - ☐ Build bridges.
 - ☐ Leave your community stronger.
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8. Generosity

- ☐ Give anonymously.
 - ☐ Share your time.
 - ☐ Share your expertise.
 - ☐ Share your attention.
 - ☐ Support a worthy cause.
 - ☐ Offer hospitality.
 - ☐ Give without expecting recognition.
 - ☐ Practice cheerful generosity.
 - ☐ Help someone succeed.
 - ☐ Look for opportunities to give.
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9. Legacy

- ☐ Record a life lesson.
- ☐ Write down a family story.
- ☐ Share your values.
- ☐ Preserve an important memory.
- ☐ Encourage the next generation.

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- ☐ Document what you've learned.
 - ☐ Pass on a tradition.
 - ☐ Invest in younger people.
 - ☐ Plant seeds you may never see grow.
 - ☐ Ask: What am I leaving behind?
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10. Daily Contribution

- ☐ Help one person today.
 - ☐ Solve one problem today.
 - ☐ Encourage one person today.
 - ☐ Learn one thing today.
 - ☐ Teach one thing today.
 - ☐ Improve one thing today.
 - ☐ Give one thing today.
 - ☐ Complete one meaningful task today.
 - ☐ Express gratitude today.
 - ☐ Ask each morning: *"How can I leave more value than I consume today?"*
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