

The *Excelerated* Contribution™ Workbook



Create Your Life.

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The *Excelerated Contribution*™ Workbook

A Guide to Achieving Meaningful Objectives While Giving Back More Than You Take

"To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; to know that even one life has breathed easier because you have lived - that is to have succeeded." ~ Ralph Waldo Emerson

Introduction

This workbook is designed as a guide to help you integrate **Excelerated Contribution**™ into your life in a practical, meaningful, and sustainable way. Each chapter focuses on a key aspect of contribution, offering insights, reflection questions, and action steps to help you create meaningful impact in your daily life.

Contribution is not reserved for people with special titles, extraordinary talents, or unlimited resources. It is built through ordinary people choosing to use what they already have—their strengths, experience, wisdom, encouragement, time, and effort—to improve life for others.

This workbook will help you move beyond simply thinking about contribution and begin practicing it intentionally. Through small, consistent actions, you can develop habits that increase your usefulness, strengthen your relationships, deepen your sense of meaning, and align your daily life with your values and purpose.

As you work through these exercises and practices, remember: contribution does not require perfection or for you to do everything. It does require showing up consistently and leaving people, places, and situations better than you found them.

What Is *Excelerated Contribution*™?

Excelerated Contribution™ is the practice of intentionally using your strengths, values, experience, and effort to improve life for others while creating a more meaningful life for yourself.

Contribution is not about constantly staying busy, trying to please everyone, or sacrificing yourself for every need around you. Instead, it helps you focus your energy on actions that create genuine value and meaningful impact.

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Many people spend much of their lives focused primarily on achievement, success, and personal goals. While those things matter, something deeper often emerges over time: the desire to matter, to help, and to make a difference.

Excelerated Contribution™ helps you shift from simply asking:

- “What can I accomplish?”

to also asking:

- “What can I improve?”
- “Who can I help?”
- “How can I add value here?”

Without intentional contribution, life can gradually become overly self-focused, disconnected, and less meaningful. We may stay busy while feeling that something important is missing.

Contribution changes that.

When you contribute, you create positive ripple effects in your relationships, work, family, community, and everyday interactions. You begin to see opportunities to encourage, support, guide, improve, teach, solve problems, and serve in ways both large and small.

Through this workbook, you’ll explore practical ways to develop a lifestyle of contribution, helping you become more intentional, more useful, more engaged, and more aligned with what truly matters.

How to Use This Workbook

This workbook is designed for reflection and action. Each section includes:

- A Key Concept
- Reflection Questions
- Action Steps

Best approach:

1. Read the Key Concept slowly
2. Answer the Reflection Questions honestly
3. Choose 1–2 Action Steps to implement immediately
4. Apply what you learn before moving on

Don’t rush. This isn’t a race — it’s a practice.

Suggested Pacing

You have options depending on your rhythm:

Option 1: 12-Day Focus

- One section per day

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- Fast, focused activation

Option 2: 4-Week Practice

- 3 sections per week
- Time to reflect and apply

Option 3: Ongoing Integration

- One section per week
- Deep, sustainable habit-building

Pick the pace you will *actually follow*, not the one that looks impressive.

Tracking Your Progress

Use simple tracking—nothing complicated.

At the end of each day or week, ask:

- Did I contribute today? How?
- What worked well?
- What could I improve?

Optional tracking ideas:

- Daily checkmark for one act of contribution
- Weekly reflection journal
- Before/after self-assessment

Progress in this practice is measured in:

- Awareness
- Action
- Consistency

Making the Most of This Journey

A few principles to keep you moving:

- Start small and stay consistent.
- Focus on usefulness, not perfection.
- Expect some discomfort; that's growth.
- Adjust as you learn.
- Keep your motives honest (not perfect, just honest).

And remember:

You are not trying to become someone else.

You are learning to offer more of who you already are.

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The Mindset of Contribution

Contribution begins in how you think.

Adopt these shifts:

- From “What do I get?” → “What can I give?”
- From “Do I have enough?” → “How can I use what I have?”
- From “Will this be noticed?” → “Will this be helpful?”
- From “Someday” → “Today”

Contribution is less about opportunity and more about awareness.

Decide to Be a Contributor

Key Concept:

Contribution begins with a decision. If it’s optional, it won’t happen consistently.

Reflection Questions

- Do I currently see myself as a contributor?
- Where have I been passive instead of helpful?
- What would change if I made contribution a daily priority?

Action Steps

- Write a personal statement: “I am someone who contributes by...”
- Ask each morning: “Where can I help today?”
- Take one small action before noon.

Identify Your Contribution Strengths

Key Concept:

You contribute best when you use what you naturally do well.

Reflection Questions

- What strengths do people consistently recognize in me?
- What do I do that tends to help others?
- Where do I feel most useful?

Action Steps

- List 5 strengths you can use to help others.
- Choose one strength to apply intentionally today.
- Look for one opportunity to use it.

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Look for Real Needs

Key Concept:

Effective contribution solves real problems, not imagined ones.

Reflection Questions

- Where are people struggling around me?
- What inefficiencies or frustrations do I notice?
- What would make this situation better?

Action Steps

- Observe one environment closely today.
- Identify one need.
- Take one action to address it.

Start Small

Key Concept:

Small actions build momentum and consistency.

Reflection Questions:

- Where have I been waiting to do something bigger?
- What small action could I take right now?
- What stops me from acting sooner?

Action Steps:

- Do one small helpful action immediately.
- Set a goal: one contribution per day.
- Track it for the next 7 days.

Integrate Contribution into Daily Life

Key Concept:

Contribution works best when it fits into what you're already doing.

Reflection Questions:

- Where in my daily routine can I contribute more?
- How can I improve my conversations?
- What part of my day is currently underused?

Action Steps:

- Choose one routine (work, home, etc.) to improve.
- Add one helpful action to it.

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- Repeat daily.

Focus on Usefulness

Key Concept:

Contribution is measured by impact, not attention.

Reflection Questions:

- When do I seek recognition instead of impact?
- What does “being useful” look like in my life?
- How can I shift my focus today?

Action Steps:

- Do one helpful act without telling anyone.
- Ask: “Did this help?” after your actions.
- Reduce one attention-seeking behavior.

Set Boundaries

Key Concept:

Sustainable contribution requires limits.

Reflection Questions:

- Where am I overcommitted?
- What should I say no to?
- What matters most right now?

Action Steps:

- Say no to one non-essential request.
- Define 2–3 priority areas for contribution.
- Protect time and energy for them.

Follow Through

Key Concept:

Reliability multiplies your impact.

Reflection Questions:

- Do I consistently finish what I start?
- Where do I tend to drop the ball?
- What would improve if I followed through more?

Action Steps:

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- Complete one unfinished task.
- Keep one promise today - no excuses.
- Write down commitments to track them.

Reflect and Improve

Key Concept:

Contribution improves through awareness.

Reflection Questions:

- What went well today?
- Where did I miss opportunities?
- What will I do differently next time?

Action Steps:

- Spend 5 minutes reflecting daily.
- Write down one improvement.
- Apply it the next day.

Align with Purpose

Key Concept:

Contribution becomes powerful when it aligns with your values and calling.

Reflection Questions:

- What matters most to me?
- How can I contribute in alignment with that?
- Where am I off track?

Action Steps:

- Write your top 3 values.
- Choose one way to contribute aligned with each.
- Act on one this week.

Multiply Contribution Through Others

Key Concept:

You increase impact by helping others contribute.

Reflection Questions:

- Who could I encourage or guide?
- How can I help others use their strengths?
- Where can I invest in someone else?

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Action Steps:

- Encourage one person today.
- Share insight or guidance.
- Help someone take one step forward.

Build a Contribution Rhythm

Key Concept:

Consistency creates lasting impact.

Reflection Questions:

- How consistent am I right now?
- What would a sustainable rhythm look like?
- What gets in the way?

Action Steps:

- Set a simple daily contribution habit.
- Choose a weekly reflection time.
- Commit to a 30-day practice.

You don't need to change everything to live a life of contribution. You need to change how you show up. And then . . . keep showing up.

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