The Authentic Excellence Initiative

AX 101: Understanding Authentic Excellence
AX 201: Living Authentic Excellence
AX 301: Mentoring Authentic Excellence

Concepts:
Fear-based Excellence versus Authentic Excellence
Plateau Effect - staying stuck at good
Improving productivity, fulfillment and resilience

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The Plateau Effect

- FEAR
- Comfort
- Need
- Experiences

“Have to”
“Need to”
“Can’t”
“Right but Hard”
Plateau vs Authentic Excellence

FEAR

VALUES

Comfort

Meaning

Need

Trust

Experiences

Expression

Compassion

“Have to”

“Need to”

“Can’t”

“Right but Hard”

“Will / Won’t”

“Choose to”

“Choose Not to”

“Right and only Hard”
# Authentic Excellence thru Dynamic Blueprinting (AX 201)

<table>
<thead>
<tr>
<th>TASK</th>
<th>PURPOSE</th>
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</thead>
<tbody>
<tr>
<td>Multi-Layered Values Clarification</td>
<td>Authenticity</td>
</tr>
<tr>
<td>Values Expression &amp; Management</td>
<td>Integrity</td>
</tr>
<tr>
<td>Managing Fear Differently &amp; Coping Effectively</td>
<td>Resilience</td>
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<tr>
<td>Developing the Expressive Mindset</td>
<td>Excellence</td>
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LIFE VALUES INVENTORY
clarifying your personal truth
## Life Values Inventory

<table>
<thead>
<tr>
<th>High Priority</th>
<th>Over-Attention</th>
<th>Under-Attention</th>
<th>Medium/Low Priority</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Concern for Others</td>
<td>Belonging</td>
<td>Health &amp; Activity</td>
<td>Concern for Environment</td>
</tr>
<tr>
<td>#2 Spirituality</td>
<td>Independence</td>
<td>Objective Analysis</td>
<td>Privacy</td>
</tr>
<tr>
<td>#3 Humility</td>
<td></td>
<td>Interdependence</td>
<td>Financial Prosperity</td>
</tr>
<tr>
<td>#4 Responsibility</td>
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<tr>
<td>#5 Achievement</td>
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<td>#6 Creativity</td>
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<td></td>
<td>LEARN MORE ▼</td>
<td>LEARN MORE ▼</td>
<td>LEARN MORE ▼</td>
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Why Seek Authentic Excellence?

**Individually . . .**
- a little more **productivity**
- a little more **fulfillment**
- a little more **resilience**
  - transition
  - string of disappointments
  - demands exceed resources

**Culturally . . .**
- reducing need
- increasing integrity
  - (expressing our values with compassion)
Integrating Authentic Excellence
Micro Actions – Macro Impact

One Take-Away
Apply to current resilience programming

Online Mini-Course
lifevaluesinventory.org

Dynamic Blueprinting
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