

# Flourishing through Chronic Too-Muchness

## Authentic Excellence Initiative

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William & Mary

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# Values-Centered Leadership of Self & Others

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**Importance**

**Motivation**

**Action**

ATTENTION TO VALUES

# Values-Centered Leadership of Self & Others



# IMPORTANCE

Perceived Evaluation

Cost

Uncertainty

Fear of Failure  
(Pressure)

Natural Responses

Avoid / Escape  
Until "Have To"

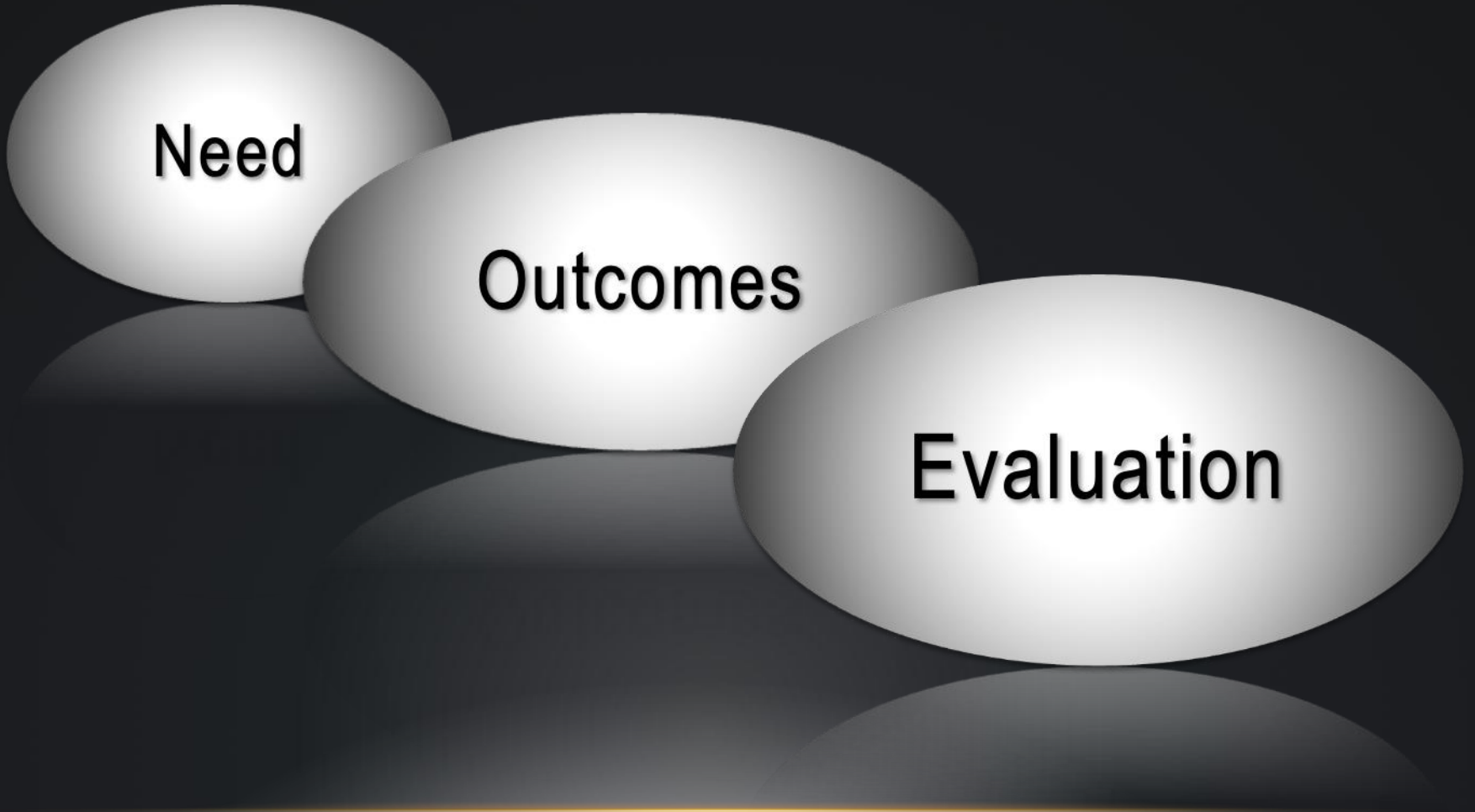
Over-Control  
Mastery

# The Plateau Effect

**Need**

**Outcomes**

**Evaluation**



# The Authentic Excellence

Initiative **AX**



**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



# LVI Values

Achievement

Belonging

Concern for Environment

Concern for Others

Creativity

Financial Prosperity

Health & Activity

Humility

Independence

Interdependence

Objective Analysis

Privacy

Responsibility

Spirituality

# Moving Beyond our Neurology

From Values Clarification  
To Values Relationship

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# Moving Beyond our Neurology

From Experience-Minded  
To Integrity-Minded

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# Healthy vs Unhealthy Expression of Values

## Healthy Expression

Focus is on purpose, process, and realistic estimations of time & energy

Pursuit of Integrity – Courage Driven

## Unhealthy Expression

Focus is on control, emotional comfort, natural habits, outcomes, comparison to others

Pursuit of Experiences – Need Driven

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High Priority	Over-Attention	Under-Attention	Medium/Low Priority
#1 Concern for Others	Belonging	Health & Activity	Concern for Environment
#2 Spirituality	Independence	Objective Analysis	Privacy
#3 Humility	<a href="#">LEARN MORE ▼</a>	Interdependence	Financial Prosperity
#4 Responsibility		<a href="#">LEARN MORE ▼</a>	<a href="#">LEARN MORE ▼</a>
#5 Achievement			
#6 Creativity			
<a href="#">LEARN MORE ▼</a>			

# Mindful Actions during Chronic “Too-Muchness”

What opportunities are there for me to practice the two things I want to be remembered for?  
Be realistic with your time expectations

When you practice those two things,  
do so with complete experiential acceptance

Take time at the end of the day  
to appreciate how you practiced those two things  
(with no “buts” allowed)

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# **Mindful Actions During Chronic “Too-Muchness”**

## **Essential Nourishment**

**Purpose**

**Engagement with Acceptance**

**Meaning**

## **Essential Seasonings**

**Enjoyment**

**Healthy Self-Care**

**Encouragement**

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## Questions / Follow-up:

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