Tolerations

Tolerations drain energy from your life. They are those things or issues in your firm, relationships, home or personal life that are inconsistent with your mission and your commitments. Review the examples below and begin a list of 100 tolerations that you have in your life.

WORK ENVIRONMENT

- Work is stressful and leaves me exhausted at the end of the day.
- Office is disorganized, desk is a mess, and I have trouble finding what I need.
- Avoiding a confrontation or conflict at work.
- Tolerating bad behavior from a boss or coworker.
- Not computer literate, and it gets in the way of my productivity.
- I'm on information overload with e-mail, voicemail, and snail mail.

HOME ENVIRONMENT

- Car needs cleaning and/or repair.
- Wardrobe needs updating and/or alterations.
- Appliances need repair or upgrading.
- Closet and/or basement is cluttered.
- Home is cluttered and disorganized.
- House needs painting.
- Landscaping is out of shape

HEALTH

- Eating food that's not good for me.
- Too long since I've seen a dentist.
- Do not get enough sleep.
- Health concerns for which I've avoided getting help.
- Books that I'd love to read but never seem to find the time for.

MONEY

- Pay my bills late.
- Spend more than I earn.
- No plan for my financial future.
- Inadequate insurance coverage.
- Debt that needs to be paid off.

RELATIONSHIPS

- People in my life who drain energy.
- Unreturned phone calls, e-mails, or letters that need to be handled.
- A relationship I need to end.
- A phone call I dread making, and it causes me stress and anxiety.

The Tolerations Worksheet™

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