

WHAT AM I TOLERATING?

We all tend to put up with, allow, and get dragged down by things. Often, we develop advanced coping skills and are no longer aware of the effect this has on our quality of life. Tolerations drain our energy, create discomfort, take up time and space, and cause us to work harder. They are like barnacles on the bottom of a sailboat. Eliminate them and life sails more smoothly and efficiently.

Write down the tolerations that come to mind when you think of home, work, or other environments -- all aspects of your life. As you notice more items later, add them to your list. Nothing is too trivial. Your list may include such categories as repairs, incomplete projects, equipment, missing or inadequate systems, situations you are in, self care, self-talk, limiting beliefs and habits, unmet needs, transportation, missing standards for your own life and boundaries for how you relate with others. What are you tolerating?

You may or may not choose to work with the list right now. However, the simple act of and recording our tolerations often brings them into awareness where we naturally start handling, eliminating, fixing, and resolving them.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

* Continue on back until you have 25 or more tolerations listed.

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