

TOLERATIONS

Tolerations are the things or situations in your life that annoy you or make your life more difficult or frustrating. They may be small irritations or huge problems, but everyone has tolerations. It's amazing how much these annoyances drain your energy and distract you from doing the things you want, and having the success you desire. The key is to eliminate as many of your energy drains as possible, and to let go of the things you cannot change.

Tolerations usually fall into one of several categories, so below we've listed a few of the most common. The first step to eliminating these annoyances is to write them down. In the spaces below, write all the things you can think of, large or small, that are tolerations for you.

WORK/OFFICE

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

HOME

- 1.
- 2.
- 3.
- 4.

4.

5.

6.

7.

8.

9.

10.

11.

12.

FAMILY RELATIONSHIPS

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

FRIENDSHIPS/COWORKERS

1.

2.

3.

4.

5.

6.

- 7.
- 8.
- 9.
- 10.

PERSONAL HABITS/HEALTH/MY BODY

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

MORE (Use another piece of paper to continue your list).

Now, commit to tackling at least one toleration a day, be sure to cross it off your list once it's taken care of, and prepare to be amazed at how unburdened you will feel and how successful you will be.

SANDRA V. ABELL, MS,LPC
Telephone 541-772-3470
Fax 541-608-2708
www.insidejobscoach.com
sandy@insidejobscoach.com