



## **WHAT AM I TOLERATING?**

Tolerations are things that bug you, sap your energy, and could be eliminated. They are holes in your personal success cup; they drain away your contentment and your good fortune.

Examples: putting off that business plan; not talking with your spouse to clear up your last conversation; ignoring those papers to file; not exercising; leaving the garage a mess; missing the kids' bedtime too often. There's a small payoff to carrying tolerations—you get to feel kind of noble about your burdens – but it's costly.

Here's how to deal with tolerations:

1. Recognize the emotional/psychological needs that are being met by tolerating things.
2. Develop a goal or raise a standard that doesn't permit you to tolerate in that area.
3. Reduce and/or eliminate whatever consequence you fear or whatever risk you run in ridding yourself of the toleration.
4. Develop a healthy respect for your tolerations; before you eradicate your tolerations, learn from them.
5. Start with the easiest tolerations and take care of them. You'll be amazed at the energy it frees up and the motivation you have to rid yourself of them completely.

List 10 (or 30 or 100...) tolerations you are currently carrying:

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2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
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6. \_\_\_\_\_
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