

Tolerations *What's weighing you down?*

Tolerations cost us by being on our mind as a source of irritation quietly zapping us of our energy. They should be handled right away.

List 5 things you are tolerating about your work or professional life. They include not having the proper equipment or technology, being in the wrong line of work, lack of recognition, long hours, low pay, commute, relationships with co-workers, etc.

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 things you are tolerating at home. They include an unorganized closet/work areas, things that need fixing, wrong size, wrong location.

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 things you are tolerating about your friends, family or community. They include not getting along with a significant other, having one-way friendships, can't say no....

- 1.
- 2.
- 3.
- 4.
- 5.