

WHAT DO YOU TOLERATE?

In this modern life we put up with way too much, but we tolerate it. Anything that we are tolerating is a direct drain on our energy. This stops us from creating the lifestyle we are after.

This exercise is designed to identify areas in your life where you are tolerating things. Bringing these tolerations to the forefront of your mind is the first step towards eliminating them and living the life you really want.

A list of common tolerations are shown in the right hand column. Please list your own tolerations in the space provided below.

Toleration:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 13 _____
- 14 _____
- 15 _____
- 16 _____
- 17 _____
- 18 _____
- 19 _____
- 20 _____

Please continue on the back if needed



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LIVE THE LIFE YOU WANT!

Yourself

Energy
Weight/body image
Clothes
Stress
Fitness
Health
Boundaries
Self-esteem
Quality time
Fulfillment
Emotional
Life balance
Parenting

Work

Environment
Clutter
Colleagues
Staff
Clients
Suppliers
Holidays
Working conditions
Procedures
Requirements
Hours
Filing

Family & Friends

Spouse/partner
Children
Relatives
Close friends
Social acquaintances
Neighbours

Home

Location
Layout
Cleanliness
Décor
Clutter
Comfort
Lighting
Storage
Garden
Noise

Money

Credit-card debt
Mortgage
Tax
Investments
Insurance
Cash flow
Income