

## What am I tolerating?

We humans have learned how to tolerate a lot! We put up with, accept, take on and are dragged down by people's behavior, situations, un-met needs, crossed boundaries, incompleteness, frustrations, problems and even our own behavior.

You are putting up with more than you think. Take a couple of minutes to write down all the things you sense you are tolerating. As you think of more items, add them to your list.

Just becoming aware of and articulating these tolerations will bring them to the forefront of your mind and you'll naturally start handling, eliminating, fixing, growing through and resolving them. You may choose to write down any action you intend to take to resolve the toleration. Some common tolerations are shown in the margin [right].

For example, maybe there's a broken tile in the kitchen you just avoid fixing or poor lighting that you keep saying some day you'll address. These little things sap our energy and unconsciously remind us we deserve where we are at.

### Toleration

### Action

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____
11.	_____	_____
12.	_____	_____
13.	_____	_____
14.	_____	_____
15.	_____	_____

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

*Family & Friends*  
 Spouse/Partner  
 Children  
 Relatives  
 Close friends  
 Social acquaintances  
 Neighbors

*Home*  
 Location  
 Layout  
 Cleanliness  
 Décor  
 Comfort  
 Lighting  
 Storage  
 Garden  
 Noise

*Yourself*  
 Vitality/energy  
 Weight  
 Clothes  
 Stress  
 Exercise  
 Boundaries  
 Self-esteem  
 Addictions  
 Fulfillment  
 Emotional  
 Work/Play  
 Anger

*Money*  
 Credit-card debt  
 Mortgage  
 Tax  
 Investments  
 Insurance  
 Cash Flow  
 Income

*Equipment/Appliances*  
 Car  
 Computer  
 Home electrical