

TOLERANCE

What can you stand?

INSTRUCTIONS: We have a tendency to get overwhelmed by things that accumulate over time and end up cluttering up our minds and our business. You may not feel like doing anything about them right now, but simply writing them down here will raise your awareness and you'll naturally start to address, fix and resolve them. So make a list of what you put up with at work and at home, and see what's clogging up your mind and slowing you or your business down!

Examples : Unfinished tasks, frustrations, poor processes and procedures, unresolved issues or problems, other people's behavior or your own, clutter, unmet needs, overstepped boundaries, low morale, overdue bills, outdated design, guilt, exercise, eating and sleeping habits, office cleanliness and clutter, unfinished filing, indecision, procrastination, etc....

It's time to identify what you tolerate! Write down as many items as you can, then add them to your list as you find more :

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

21.

22.

23.

24.

25.

26.

27.

28.

29.

30.

31.

32.

33.

34.

Finally, choose ONE tolerance and one action to be taken immediately (or in the next few days):

Action

Date:

Why not put your completed table in an easy-to-see place - so that you can refer to it over time?