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What are you tolerating?

Tolerations are the large and small issues and conditions that bother us.

They negatively influence our thinking and actions.

They hinder and frustrate.

We push some aside because they don't seem important enough to address.

We endure others because we think change is too difficult or disruptive. Because they grow through neglect, it's essential we attend to them.

Tolerations are also assets because identifying them highlights a series of steps on the path to better relationships, improved surroundings, and more enjoyable days.

Your future starts every minute. Make the most of it.

Complete the **Tolerations** chart below.

1. In the first column, write everything you think of as bothersome. Don't censor your thoughts. Nothing is insignificant.
2. Stuck? The [Mastery Self-Assessment](#) provides prompts for 10 important life areas.
3. If you have an immediate response, you can fill in the other boxes on the row. The exercise can be even more potent if you leave those blank for now.
4. Put it away for a few days or more to give ideas time to bubble up. Our first solutions are often quick fixes and are not as insightful or manageable as when we take time to think more deeply.
5. Review. Fill in the empty columns.
6. Consider what can you change and what resources or assistance may be needed.
7. Prioritize your plans. What and who do you need to help you?
8. Want clarity? Schedule a complimentary conversation. Call 215-460-6173 or email Leslie@MasteryConsulting.net

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- My squeaky desk chair! It distracts me. I'll find a better one.
- My neighbor's dog makes me anxious. I will chat with her.
- My pay is too low. I want \$_____. I'll research and discuss it at work.
- The sink full of dirty dishes makes me feel disregarded. We need a housekeeping plan.

What I'm tolerating	Why it's a problem	What I want

What I'm tolerating	Why it's a problem	K \ UgbYXX

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