

## Tolerations

### Steps to Minimizing Tolerations

**STEP 1:** Make a list of the tolerations in your life

- Make a list of the tolerances in your life. Write them down.
- Consider what you tolerate up at work, at home, in your relationships, or your environment?
- Consider what negative thoughts might be cluttering your mind, zapping your energy, enthusiasm, and optimism, and slowing you down?

**PLEASE NOTE:** This first step is to become self-aware of what you tolerate. No judgment or beating up on yourself allowed!

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**Step Two:** Decide what you want to do with your tolerations...Make a Choice

- 1. Decide to keep it and not do anything or take any action
- 2. Fix it or eliminate it
- 3. Change your perspective (how you see it, understand it, the meaning you give it)



| Toleration | Keep it and not do anything or take any action | Fix it or eliminate it | Change your perspective |
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**Next Steps** to Minimize Your Tolerations

- 1. Prioritize your list and focus on a few items at a time to reduce the overwhelm.
- 2. Include a mix of your big and small tolerations to work on at any time.
- 3. The "bigger" tolerations may take more time or effort. Having "smaller" tolerations that are relatively quick and easy to handle will have you enjoying the feeling of success and accomplishment as you cross them off your list!

"Smaller"

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"Bigger"

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