

# What Are You Tolerating?

You know how to tolerate a lot of problems in your life. You put up with and are dragged down by other people's behaviors, situations, unmet needs, frustrations, and problems. You even put up with your own bad behavior at times! Take a few minutes to write down all the things you're tolerating in your life. Just becoming aware of these tolerations will allow you to begin handling and eliminating them. There is room to write down each item you're tolerating and the action you can take to eliminate this toleration. On the next page are a few ideas you can look over to help you with your list.

## Toleration

## Action

#1	
#2	
#3	
#4	
#5	
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#9	
#10	
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#12	
#13	
#14	
#15	
#16	
#17	

*This worksheet is based on concepts and content originally taught by Thomas J Leonard of Coach U and Chris Barrows of The Business Coaching Company*



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## Sample Toleration Ideas

- Not enough storage space for all my office files.
- Peeling wallpaper.
- Not saving money every month.
- Being overweight.
- Having gotten very good at acting patient and hating every minute of it.
- Not having a coach because I can't afford one.
- Not knowing how to build a network without it being too overwhelming.
- Fearing that if I move to someplace I love to visit, it will be ruined forever.
- Working a job I don't enjoy.
- Not having a friend in the same town that I can just call up on the spur of the moment to go out.
- Feeling like I don't really have time to do things that are just for fun.
- The lack of sunlight in winter.
- A partner who hates where we live.
- Not going dancing regularly.
- Underselling myself.
- Too much email.
- A phone headset that doesn't fit my head or ear properly.
- Cell phone battery that needs replacing.
- A lack of closet space in my home.
- A lack of up-to-date business plan.
- Software that doesn't work.
- An overcrowding filing cabinet.
- Unsorted boxes of stuff in my closet.
- Doing without an office assistant even though I need one.
- Lack of flowers in front of the house.
- Not working out at least three times a week.
- Not having a life plan that seems doable.
- Throwing away money on things I don't really use or need.
- Inadequate retirement fund.
- Having broken stuff that needs to be fixed laying around the garage.
- Having a sugar and caffeine addiction.
- Walls that need to be painted.
- A constant need for home maintenance and repairs.
- Negative attitudes of people with whom I work.
- Tripping over my dog's toys throughout the house.
- Clients who cancel appointments at the last moment.
- Not getting paid on time by all of my clients.
- Not enough time spent in the garden.
- A web page that needs updating.
- Having so many talents and interests that I'm constantly being pulled in lots of directions
- Having a saddle and riding boots and no horse.
- Large parts of my lawn being covered in weeds.
- No table light by my side of the bed.
- Having friends who are all 10 to 20 years older than I am.
- A car that needs washing.
- An affiliate program where none of the affiliates are making sales.