

Identifying Tolerations

Toleration: a situation, condition, or an influence of any kind, that we allow to exist or put up with.

Whether we know it or not, tolerations are a mental burden. We equate them to a computer that has too many programs running in the background. You may not know they're there but it's slowing the computer down. Your tolerations are slowing you down. How many tolerations do you have in your life?

Some examples:

- That return you need to take back
- A friend that always cancels last minute
- The credit card bill I'm ashamed to pay because it's so late.
- Not having a spare phone charger for my desk at work.
- The stack of mail I haven't sorted on the nightstand next to my bed.
- Negative attitudes from people you work with.

List 6 tolerations:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Removing Tolerations

The first step in elimination tolerations is to create awareness that they're there. Next, we'll want to break each toleration down into actions to work towards eliminating the toleration.

Example:

Toleration: Not having a spare phone charger at work.

Steps:

- Search for iPhone Charger on Amazon
- Have charger delivered to work
- Plug phone charger at desk

Toleration #1

Steps:

Toleration #2

Steps:

Toleration #3

Steps:

Removing Tolerations

Toleration #4

Steps:

Toleration #5

Steps:

Toleration #6

Steps:

The work doesn't stop here. We encourage you to keep finding things you are tolerating and continue to remove them from your life. Need some extra help? Let us know.