



Julie Taylor - Business Coach

WHAT AM I TOLERATING?

What are tolerations?

Tolerations are energy drains. We have learned how to tolerate a lot! We put up with, accept, take on, and are dragged down by people's behavior, situations, unmet needs, crossed boundaries, unfinished business, frustrations, problems, and even our own behavior.

Tolerations can be minor or major inconveniences, like:

- a blown light bulb in your bedroom
- staying up later than I should, and feeling so tired
- carrying too much junk in my purse
- a personality conflict with a co-worker
- being distracted at work and not getting things done
- disorganized garage
- allowing my children to manipulate me with guilt
- piles of junk accumulating on or around my desk
- not having enough time to spend with my spouse/significant other
- unrealistic deadlines

What do tolerations have to do with achieving balance in our lives?

Once you get these tolerations handled, you will be amazed at the new time and energy that will become available to you. You will discover that you are better able to draw and maintain healthier boundaries. I assure you that doing this is well worth whatever time and effort it takes.

Your goal is to put up with less and less. As you experience the benefits of a toleration-free lifestyle, you will begin eliminating tolerations automatically, handling them immediately when they start to emerge.

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Give Your Ideas Life

You are tolerating more than you think. Please take a couple of minutes to write down things you sense that you are tolerating.

<u>PROFESSIONAL</u> -Peers/Co-Workers -Supervisor/Manager -Equipment/Technology -Employees -Work Environment	<u>HOME</u> -Inside -Outside
<u>MISCELLANEOUS</u> -Automobile -Hobby -Volunteer Work -Finances -Clothing -Body/Health -Pets	<u>PERSONAL RELATIONSHIPS</u> -Self -Spouse/Significant Other -Children -Family -Friends

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What do I do with the Tolerations that I have identified?

Do/Fix It – be committed to taking care of ‘it’

Delegate It – because you are not good at ‘it’ or ‘it’ is not the best use of your time

Dump It – you can not change the situation; instead you must accept ‘it’ and move on!!

Dedicate Time to Eliminating It - If the Toleration can be eliminated - determine when by placing a timeline against it.

Toleration	Do It	Dump It	Delegate It	Timeline

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