



Tolerations

Tolerations are those things that you put up with either about situations, other people or from yourself. Without realizing it, you allow these tolerations in your life so much that they drain energy and focus away from your ability to reach your desired goals.

Steps to Becoming Toleration Free:

- List below your top ten tolerations in each of the three areas.
- Check the ones you want to change immediately.
- Constantly review the lists and add new ones.
- Know and understand that keeping tolerations is not helpful.
- Answer the questions below the three areas.
- Commit to take action to change.
- Make appropriate shifts and changes.

What I Tolerate From Situations	What I Tolerate From People	What I Tolerate From Myself
<input type="checkbox"/> 1. _____	<input type="checkbox"/> 1. _____	<input type="checkbox"/> 1. _____
<input type="checkbox"/> 2. _____	<input type="checkbox"/> 2. _____	<input type="checkbox"/> 2. _____
<input type="checkbox"/> 3. _____	<input type="checkbox"/> 3. _____	<input type="checkbox"/> 3. _____
<input type="checkbox"/> 4. _____	<input type="checkbox"/> 4. _____	<input type="checkbox"/> 4. _____
<input type="checkbox"/> 5. _____	<input type="checkbox"/> 5. _____	<input type="checkbox"/> 5. _____
<input type="checkbox"/> 6. _____	<input type="checkbox"/> 6. _____	<input type="checkbox"/> 6. _____
<input type="checkbox"/> 7. _____	<input type="checkbox"/> 7. _____	<input type="checkbox"/> 7. _____
<input type="checkbox"/> 8. _____	<input type="checkbox"/> 8. _____	<input type="checkbox"/> 8. _____
<input type="checkbox"/> 9. _____	<input type="checkbox"/> 9. _____	<input type="checkbox"/> 9. _____
<input type="checkbox"/> 10. _____	<input type="checkbox"/> 10. _____	<input type="checkbox"/> 10. _____

Practical Application Questions For Each Toleration:

1. What purpose does this toleration have in my life?
2. How much energy is this taking from me? What is this taking from my life?
3. What is the cost to me to hold this toleration?
4. What are need are you solving/taking care of with this toleration? How else could you deal with that need?
5. What are the benefits of not having them?

Thomas Leonard, Founder of Coach University and promoter of being "toleration free," once said about tolerations, "We are often taught not to complain, that life is difficult, not to rock the boat, to go along with others, to be grateful for what we have and to be understanding." He also indicated that this is not bad advice if you want an ordinary life. Do you want to be ordinary? Do you want to have dramatic impact on yourself and the lives of others simply because they have risen above the ordinary to **extraordinary**. You can rise to new levels when you rid yourself of all the tolerations that are removable.

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