



Joyful Achiever Worksheet
Theme 5: Release Tolerations

This worksheet supports the 15 videos in Theme #6 and helps you identify, release, and replace what drains your energy. Reflect after each video and take real action.

Video 1: [What Are Tolerations?](#)

Insight Recap: Tolerations are the things you put up with that quietly steal your peace.

Reflection: What are five things you've been tolerating at work or home?

Action Step: Make a quick list of those five tolerations. Awareness is your first step to freedom.

Video 2: [The Hidden Cost of Tolerations](#)

Insight Recap: Each toleration drains your energy, focus, and self-respect.

Reflection: Which toleration feels most exhausting? Why have you kept it?

Action Step: Choose one toleration to handle this week — and set a deadline to resolve it.

Video 3: **The Lawyer's Trap**

Insight Recap: High achievers often tolerate too much because they're trained to endure.

Reflection: What have you been tolerating because you 'can handle it'?

Action Step: Ask, 'What would a confident version of me no longer tolerate?' Write it down.

Video 4: **Emotional Clutter**

Insight Recap: Old guilt, resentment, and unresolved issues weigh you down.

Reflection: What emotional clutter have you been carrying that you're ready to release?

Action Step: Write one unsent message or journal entry that expresses what you've held inside.

Video 5: **The 1% Rule**

Insight Recap: Small actions create big progress over time.

Reflection: What's one toleration you can release in under five minutes?

Action Step: Do that one thing now — make the call, delete the file, or fix the small problem.

Video 6: **Boundaries Are Anti-Toleration Tools**

Insight Recap: Weak boundaries create tolerations.

Reflection: Where in your life do you need stronger boundaries?

Action Step: Say no to one request today that doesn't align with your priorities.

Video 7: **Physical Space, Mental Space**

Insight Recap: A cluttered environment reflects a cluttered mind.

Reflection: What space in your life feels heavy or chaotic?

Action Step: Clear one area completely today — your desk, car, or inbox

Video 8: **Stop Normalizing Discomfort**

Insight Recap: Just because something's familiar doesn't mean it's healthy.

Reflection: What have you called 'normal' that's actually unacceptable?

Action Step: Say out loud: 'I'm done tolerating ____.' Feel the power of that decision.

Video 9: [Micro Tolerations = Macro Stress](#)

Insight Recap: Tiny frustrations build up into major stress.

Reflection: What are three 'micro tolerations' you deal with daily?

Action Step: Fix one small annoyance today — a slow app, messy drawer, or broken pen.

Video 10: [Upgrading Standards](#)

Insight Recap: Releasing tolerations means raising your standards.

Reflection: What new standard would make you feel proud and powerful?

Action Step: Write: 'I no longer tolerate ____.' Place it somewhere visible.

Video 11: [The Energy Audit](#)

Insight Recap: Every unresolved issue drains your focus.

Reflection: Which five tolerations are consuming the most energy?

Action Step: Star the one that would free up the most energy if resolved — and start there.

Video 12: [The Emotional Payoff](#)

Insight Recap: We keep tolerations because they protect us from discomfort.

Reflection: What hidden benefit do you get from tolerating a problem?

Action Step: Write the truth without judgment. Awareness creates change.

Video 13: [Permission to Simplify](#)

Insight Recap: Releasing tolerations means doing less of what drains you.

Reflection: Where are you overcommitted or overcomplicating?

Action Step: Cancel or delegate one task this week that doesn't serve your top priorities.

Video 14: [Emotional Freedom Through Forgiveness](#)

Insight Recap: Forgiveness releases emotional tolerations.

Reflection: Who or what do you need to forgive to free your energy?

Action Step: Tap while saying: 'Even though I'm still hurt, I'm ready to free myself.' Notice the shift.

Video 15: [Living Toleration-Free](#)

Insight Recap: A toleration-free life is peaceful, not perfect.

Reflection: How would your life change if you stopped putting up with what drains you?

Action Step: Start a Toleration Tracker. Each week, release one toleration and celebrate your progress.

Daily Practice

- Review your Toleration Tracker weekly.
- Celebrate each toleration you release.
- Notice how your energy, focus, and confidence expand.