

WHAT and HOW MUCH DO YOU TOLERATE IN YOUR LIFE?

Think it's just the big things that get to us? That bother us? Not so. Whether at work, with others, even with ourselves, we tolerate a lot! Every day. Problem is these things we tolerate—tolerations—eventually take their toll. When they manifest themselves, we can find ourselves drained mentally, emotionally, physically, and/or spiritually. At that point, we are no good to anyone. We don't even want to be around ourselves. But this is what happens when we take on too much. This is what happens when we put up with, take on, accept, and are caught up in other people's behavior, situations, unmet needs, crossed boundaries, and frustrations. That's not all. Even our own behaviors can impact our moods, relationships, and motivation.

TOLERATIONS OCCUR IN EVERY FACET OF OUR LIVES

AT WORK

- boss/manager/supervisor procedures and job tasks
- working conditions and environment
- company culture
- co-workers

WITH OTHERS

- friends family
- significant other (husband/wife, boyfriend/girlfriend)
- children
- relatives

WITH YOURSELF

- criticism of yourself or others
- car, clothes, money
- home projects and repairs
- clutter
- procrastination
- unrealistic expectations of yourself and others

SOUND FAMILIAR?

Do you have...

- friends who call to talk for hours about their problems but can't seem to find time to listen when you want to talk about your problems?
- a co-worker who shows up at your desk complaining about the same things every morning oblivious that they are keeping you from your work?
- family members who are not supportive and make you feel guilty when you don't take their unsolicited advice?
- a friend who never seems to be on time for a lunch date, cancels at the last minute or, worse, doesn't show up at all?

Have you...

- been thinking about expenses you can eliminate in your life? Maybe you've thought about switching to a cheaper cell phone plan so you can save toward a vacation, but you tell yourself: "I'll do it tomorrow." And three months have now passed!
- been feeling guilty about that McDonalds Big Mac and fries you had earlier? It's not easy to commit to eating healthy and exercising regularly. We tolerate these unhealthy behaviors because it's easier than keeping a healthy exercise regimen and diet.
- been wanting to clean out that messy closet in your bedroom, weed the garden, declutter your office, or repair that leaky faucet but your fast-paced life keeps getting in the way?

HERE'S THE TRUTH...

It's time to evaluate where you are in your life. Young or old, the quality of your life is essential to your happiness. You cannot be there for others if you are not there for yourself. Rediscover the zest, the energy, THE BLISS, the focus in your life by addressing—AND ELIMINATING—those tolerations in your life.

Begin by taking an honest inventory of the stressors in your life. Then you can begin the journey to finding focus and becoming centered once again. Not only do you have it in you, you deserve it.

WHAT'S YOUR QUALITY OF LIFE WORTH?

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Record FIVE things that you tolerate on a regular basis. Detail these tolerations by taking an honest inventory of how you feel because of them. Use them for yourself or for when you meet up with a Life Coach.

1.

2.

3.

4.

5.

Remember to choose a Life Coach with whom you feel most comfortable. Coaches do not tell you what to do. Instead they help you to perceive, affirm, and expand your own potential. Your biggest fan, your most enthusiastic supporter, your coach will not only help you undergo the transformative process for personal and professional awareness, discovery and growth, your coach will help you create and execute a plan to see your possibilities become a reality. To rediscover your bliss!