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## 5 Things That You Are Putting Up With

- ❖ What are you tolerating in your business right now?
- ❖ What are those behaviours — your own and others', that you are putting up with, bearing up under or otherwise living with, that dull your spirit, try your patience, and drain your energy?
- ❖ What would you love to change, if only you felt you could?

They may be so subtle, of such long standing, or so widely held as 'normal' that they look not like "tolerations" but rather like "that's just the way life is." Nevertheless, they drag you down and are worth eliminating.

What are the top five tolerations that you are ready to handle now?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

As you look at your list, ask yourself:

- ❖ Who or what has stopped you changing the situation before now?
- ❖ How would your life be, if only you didn't have these "things" holding you back? Imagine what your life would look like/ sound like / feel like when you have got rid of this thing that is draining your energy.
- ❖ Consider other areas of your life where you are really talented and have a huge amount of confidence and resources. What can you bring from there that can help you change one thing on this list?
- ❖ Imagine what you will gain when you have let go of this toleration?
- ❖ Imagine what you will lose when you have let go of this toleration? (think of all the negative things)
- ❖ What's one thing that you could do right now to move towards letting one of these go?



