



## What Am I Tolerating?

As humans, we have learned to tolerate a lot of things in our lives. Tolerations are things we deal with, agree to, put up with or permit that are less than desirable for us personally. Tolerations are things that often hinder us and tend to drain us physically, emotionally or both.

Tolerations include things like unmet needs, crossed boundaries and incomplete activities. We find them in our home, community and work environments. Specifically they include things like unfinished home projects, worn out furniture, a mortgage that is too high, living in an undesirable location, missing the "spark" with your significant other, one-way friendships, difficulties with neighbors, working for a difficult boss, inadequate pay and more. The list can be infinite and is may change at different times in your life. If you are like most people, you are likely tolerating more than you think. Take a few minutes to list the things that you sense you may be tolerating.

You don't have to do anything about them right now. Just becoming aware of them is a great place to start.

1 _____	11 _____
2 _____	12 _____
3 _____	13 _____
4 _____	14 _____
5 _____	15 _____
6 _____	16 _____
7 _____	17 _____
8 _____	18 _____
9 _____	19 _____
10 _____	20 _____

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To further explore your tolerations or what steps you can take next contact [Nancy Paul](#).

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