Tackling Tolerations

Often, we get drained of our energy and feel stressed by letting things accumulate that are not in alignment with our soul's agenda. By putting up with things that are not in our best interest we start feeling of low energy and get upset. Although you may not want to take immediate action, begin by making a list of what you are coping with and what is cluttering your mind holding you back from your happiness and fulfilment in life. Once we take time to tune into what is not serving our best purpose, we can change it for the better. This tool is designed to help you get in tune with what you are coping with that is draining you of your energy and help you minimize what drains you of your energy.

Name 5 things you are tolerating that may be affecting your happy alignment with life.

1. _____

2._____

3._____

4. _____

5._____

What would need to change in your attitudes or responses for you to function at your best in the midst of your tolerances, even if they do not change?

_____
_____
_____
_____

What has putting up with your tolerances gotten you? Is coping with your tolerations serving your best interest?

_____
_____
_____
_____

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What could putting up with your tolerances be teaching you? What could be the lesson behind them?

_____
_____
_____
_____

What are some things you can do in order to minimize the tolerations in your life?

_____
_____
_____
_____

At the end of each week pick one toleration (energy drainer) from your list above to eliminate from your life and begin to take back your power!

WEEK	TOLERATION TO ELIMINATE
Week 1	
Week 2	
Week 3	
Week 4	
Week 5	

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Extra Notes For Planning To Eliminate My Tolerations And Take Back My Power.
(How, by when, any details needed to eliminate what I am coping with that is draining my energy.)