



Allinspired's Tolerations List

Did you know that what you are tolerating is getting in the way of you getting what YOU want and deserve?!

We humans sure have learned how to tolerate a lot! We put up with, accept, take on and are dragged down by people's behavior, situations, unmet needs, crossed boundaries, unfinished business, frustrations, problems and even our own behavior.

Write down your top 10 Tolerations in both categories in your work and in your personal life. Next, make a plan to handle them and eliminate them from your life. Then, take action!!

Tolerations at Work

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Tolerations in Personal Life

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Name: _____

E-mail: _____

Phone: _____

Fax your tolerations list to Karoleen Foer at 319-277-2507 to schedule your complimentary 30 minute coaching consultation to help you eliminate your tolerations.