

What are you putting up with?

INSTRUCTIONS: We tend to get dragged down and overwhelmed by things that we tolerate, but do not deal with. These accumulate over time—and end up cluttering our minds.

You may not want to do anything about them right now, but just writing them out here will raise your awareness and you'll naturally start handling, fixing and resolving them. So make a list of what you're putting up with below, and see what's cluttering your mind, draining your energy and slowing you down!

Examples: Incomplete tasks, frustrations, poor processes/procedures, unresolved problems, other people's or your own behaviour, clutter, 'shoulds', unmet needs, crossed boundaries, poor morale, overdue bills or invoices, outdated design, guilt, exercise/eating/sleep habits, office cleanliness/tidiness, undone filing, indecision, procrastination etc.

Now is the time to identify what you're tolerating! Write as many items as you can now. Then over time, as you think of more things, add them to your list below.

- | | |
|-----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |
| 11. _____ | 12. _____ |
| 13. _____ | 14. _____ |
| 15. _____ | 16. _____ |
| 17. _____ | 18. _____ |
| 19. _____ | 20. _____ |
| 21. _____ | 22. _____ |
| 23. _____ | 24. _____ |
| 25. _____ | 26. _____ |
| 27. _____ | 28. _____ |
| 29. _____ | 30. _____ |
| 31. _____ | 32. _____ |
| 33. _____ | 34. _____ |

Finally, pick ONE action to reduce your "Tolerations" (aim to take action now—or in the next day or so)

Action _____ **by when** _____

Why not put your completed list somewhere obvious—so you can refer to and add to it over time?