



HANDLING TOLERATIONS

How to get rid of the energy drains in your life once and for all!

Tolerations are anything in your life that saps your energy and makes you feel less than optimal in all the different areas of your life. The problem with tolerations is that they are stealth in how they hide out. They are brilliant at keeping us just slightly confused, tucking themselves away into different aspects of our lifestyle.

Feeling less than enthusiastic and drained of your usual joy in life? Zapping tolerations is a fantastic place to start to increase your happiness and success quotient.

Here's how:

1. Start today by tuning in and tracking the little annoyances in your life. Trust me, you will be wowed at how many there are when you take a pen to paper (or noting them in your electronic device) and start keeping track.
2. Not sure how to start? Categorizing tolerations by different areas of your life is a great way to take a birds eye view. I use the following categories, however, feel free to draw up your own: Home, work, relationships (both intimate, family and friends), your personal self-care, personal space, health, money, spirituality.
3. Prioritize by either starting from smallest and easiest to solve, the column with the longest list, or the tolerations that are making you sick, deeply stressed and anxious. You will know those by the ones that give you the biggest pit in your stomach.

You deserve to feel peaceful, healthy and prosperous. Start today by chipping away at the tolerations that are keeping you on the rumble strip of life. Your time is truly NOW.

Below is a list of several common tolerations. Feel free to add your own. After you have completed your list, it's time to get REAL and RADICAL to make your life hum and flow the way it is meant to. Have fun with this and get busy.

Here for you every step of the way!~



Master Breakthrough Coach



1. A cupboard door that won't close/leaky faucet/door that won't shut tight
2. A messy room(s)
3. Old appliances
4. Cracked tiles/tiles that need grouting
5. Tripping over the kids or dogs toys
6. Rooms that need to be painted
7. Not having a spare key hidden
8. Mildew in the shower
9. Spiderwebs or dust
10. Old food in the refrigerator
11. Not enough storage



1. Messy desk
2. Not having the right equipment
3. Broken equipment
4. Your job
5. Overworking yourself at your job
6. Procedures that are cumbersome
7. Work that doesn't suit your personality
8. A web page or marketing collateral that needs to be fixed or revised
9. Too much email
10. Not having enough training



1. A friend who is dramatic, doesn't give back, is irresponsible, is inconsiderate, is negative
2. A hairdresser that you don't like
3. An inattentive doctor
4. Family members who take advantage of you
5. Intimate partners who don't meet your needs
6. Children who are disrespectful
7. Poor family of origin relationships
8. Lack of friends who truly resonate to who you are
9. Settling for less than optimal partners
10. Not being clear on what your needs are in a relationship



1. Self criticism
2. Self doubt
3. A haircut you don't like
4. Stained teeth
5. Clothes you hate
6. Not making time to do things you love
7. Being negative too much of the time
8. Not having a body that reflects the real YOU
9. Not making time to work on your personal development



PERSONAL SPACE

1. Messy/ Unreliable car
2. Too many possessions
3. Storage facility filled with who knows what
4. Cluttered basement/attic
5. Pictures unorganized
6. Computer unorganized
7. An overabundance of personal mementos
8. Too many cosmetics, personal care items



HEALTH

1. Weighing more than your ideal weight
2. A health issue that could be corrected
3. Not exercising
4. Eating too much sugar
5. Not going to the doctor
6. Allergies
7. Appointments that need to be made that you are avoiding
8. Not taking time to be more mindful of your body/mind/soul connection
9. Smoking, drinking recreational drug use out of whack



MONEY

1. Not having a financial cushion
2. Not having enough retirement funds
3. Having someone owe you money
4. Owning someone else money
5. Not making enough money
6. Not having a will or trust in place
7. Credit card debt
8. Emotional fears not resolved about money
9. Old stories of your past on money that are preventing you from embracing prosperity



SPIRITUALITY

1. Feeling confused about your beliefs and not making time to explore your faith
2. Lack of mindful practice
3. Feeling out of alignment to your core beliefs and not living your true values
4. Accepting bigoted people in your life
5. Wanting to tithe, but not sure how or where to tithe
6. Desire to break free from family of origin religion
7. Not having a spiritual community
8. Living in fear
9. Consumed by a fear of death and dying
10. Experiencing a crisis of faith due to a life crisis