

***We tend to get dragged down and overwhelmed by things that accumulate over time and end up cluttering our minds.***

***Make a list of what you're putting up with that is cluttering your mind, draining your energy, and holding you back!***

**Examples:** Incomplete tasks, frustrations, unresolved issues or problems, clutter, 'shoulds', unmet needs, crossed boundaries, overdue bills, thought patterns that no longer serve you, limiting beliefs, poor exercise/eating/sleep habits, indecision, procrastination, etc...

**Now is the time to identify what you're tolerating!**

Write as many items as you can, then over time as you think of more, simply add them to your list:

- |          |          |
|----------|----------|
| 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. .... |

**Finally, pick ONE action to reduce your "Tolerations" (to action now or in the next day or so):**

Action \_\_\_\_\_ By When \_\_\_\_\_