

TOLERATIONS

People often experience a lack of time and energy in their lives. One great place to start is looking at "What are you tolerating?" Take steps today to start to remove those nagging annoyances that subconsciously suck energy from you. Really, it is amazing how much they absorb. You will know exactly how much after you complete this exercise; history shows it is amazing!

First, make a list of 30 things that you are tolerating in your life – this is a brain dump. Put things that anything from the little things to the enormous. i.e. a pile of clothes on the floor, stack of unfilled papers, a chip in the windshield, a broken appliance, a messy car, a bag that is ripped, dust on the side of your stairs, dust, cutter, full e-mail box, squeaky door, etc. Any things that nag you, annoy you, and cause you to think, "I really need to get that fixed" or "I really need to do something about _____." These items are the tolerations we hold internally that take up a ton of our energy. Do not stop until you have 30 things.

Once done, pick a few (1-2) things you are going to get off the list this week. Each week peel more things off. It will go quickly at first as you take care of the 10 minute jobs and then become slower as you take care of the more monumental jobs – but just keep working at a low as two things each week. We you are done, you feels of freedom and space will be an incredible reward, you might want to start again!

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