



Tolerations / Energy Drains Worksheet

Tolerations are those things that you put up with every day that distract you from other important things. One of the biggest obstacles in moving forward and zapping your tolerations is in identifying them.

Make a list of five things you are tolerating the *most* about your personal life – family, friends, yourself, etc. regardless of how big or small they are to you.

1. _____
2. _____
3. _____
4. _____
5. _____

Make a list of five things you are tolerating the *most* about your business – lack of clients, not making enough money, not having enough time, etc. regardless of how big or small they are to you.

1. _____
2. _____
3. _____
4. _____
5. _____

Put an asterisk (*) by your pivotal tolerations. Pivotal tolerations are those items that when you resolve one toleration several others are naturally resolved.

Now that you've begun the work, let's partner on resolving these tolerations and energy drains. Let's work together to develop an action plan to address these items and move forward in gaining more time and energy. Stop putting up with things we tolerate; set boundaries; have a good work/life balance.

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