

Zapping Your Tolerations Worksheet

The things we tolerate in life drain an enormous amount of our energy. Have you ever stopped to think about the "tolerations" in your life? Messy closets, an unorganized office, the dental appointment that keeps getting postponed, the car repair that you're reminded of every time you start the engine - they're all tolerations. Tolerations, no matter how insignificant they may seem, accumulate. They become an enormous drain on our valuable energy and available resources.

Start **Zapping** your tolerations today!

<i>Toleration</i>	<i>Cost to Me</i>	<i>3-D Approach</i> <i>(do it, dump it, delegate it)</i>	<i>Energy Bonus</i>