



TOLERATIONS WORK BOOK

WHAT ARE YOUR TOLERATIONS COSTING YOU?

Are you aware of all that you are tolerating and the impact that has on your life?

We put up with and take on other people's stories, along with our own fears and limiting beliefs.

If you want to be happier, more fulfilled and at peace you need to become aware of all you are carrying around.

Ready? A freer more rewarding life is awaiting you.

TOLERATIONS CREATING YOUR LIFE EXPERIENCE

Name:

Date:

BIG STEPS TO TAKE TOWARD YOUR FREEDOM

Take a moment to write down all you are tolerating. Start the list and then walk away from it for a while. Come back to it each time you think of or encounter another thing you tolerate. By bringing them into the forefront of your consciousness you will naturally start shifting them.

You will be amazed once you become aware of all you are tolerating, how much fun you have as you release one more thing that has held you back and enjoy the freedom you feel as you do this.

OKAY...NO TIME LIKE THE PRESENT TO BEGIN! GO FOR IT!!

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DECISIONS THAT WILL RELEASE THEM!

Name:

Date:

BIG STEPS TO TAKE TOWARD YOUR FREEDOM

Go through them one by one and write down the steps you are taking to eliminate them from your life. Delegate them to another, end a toxic relationship, forgive so you can move beyond and check in with your self to uncover what it is you really want.

Do whatever is necessary for you to shift this behavior from the ball and chain it currently is to the hot air balloon that will carry you to where you really want to be.

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GRATITUDE JOURNAL

Name:

Date:

BIG REMINDER THAT YOU LIVE IN CHOICE...

Here I would like you to take a moment with each of the tolerations identified, the steps you took to eliminate that toleration and how you feel now. Empowered by the process, freer, lighter, happier...or do you miss the attachment? Whatever is true for you write it here.

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Become conscious of all you create in your life so you can make informed and wise choices to be able to live the life you truly desire.