

ELIMINATING TOLERATIONS

What is a toleration?

- Something you've been putting up with in your life -- putting off, not dealing with -- that drains your energy.
- Something that isn't handled that draws on your energy when you think about it.
- Define as those pesky little "undone" things that serve as energy drains.
- Naming them on the list is the first step in beginning to free up more energy.
- Often ONE toleration will clean up many.
- Can be a goal you've had for a long time -- but, better defined as "an energy drain" when you think about it.
- Often something small that could be handled quickly, but you've put off. Procrastination is breeding ground for Tolerations to sprout.
- There is also a **TIME** component to Tolerations. The longer it stays "unhandled" the more energy it seems to zap.

Categories and Examples of Tolerations:

1. **Clutter/Cleanliness/Organization** -- piles of papers on desk, closets, drawers, refrigerator, dirty car, garage, etc.
2. **Unfinished projects or tasks** - photos in albums, thank you notes sent, an article you've been meaning to write, shopping for X, Book recorded on CD, unwritten book
3. **Things that need to be fixed** - Stereo, lighting not right, sweats waist band, turtleneck (hole in side), shoes polished, button sewed on favorite shirt, heels replaced.
4. **Maintenance items** - oil changed in car, teeth cleaned, lightbulb replaced, clothes to dry cleaner, AC or Heat fixed, car washed, battery replaced in phone or clock.
5. **Comfort items** -- not having enough heat in the office (solution: new heater, or clothes to dress more warmly), or no A/C
6. **Relationships** -- does someone swear, gossip, sarcasm, not connect deeply? Does someone leave socks on ground, toilet seat up, wet towels on bed.
7. **BIGGER tolerations** - lose last 10 pounds, cramped office space, no covered parking, not big enough closet space, storage unit organization, a boss or co-worker relationship, a chronic injury.
8. **Habits** -- saying "like", you know, uhm, etc, caffeine addiction, watching too much TV, being lazy, oversleeping, staying up late, indulging in negative thoughts, etc.

TWO MORE Categories:

9. **Not honoring a standard.**
10. **Health Issues** - healing an injury, losing weight, not exercising, not having the right foods on hand, skipping meals

Strategies for Handling BIGGER Tolerations:

1. Reframe -- attach a new meaning to something
2. Take responsibility for it -- stop being a victim
3. Adopt the belief -- There is ALWAYS a solution.
4. Ask - who else can help?
5. Intention
6. Embrace it as a soul-shaper
7. Find the gift in its presence

EXAMPLES FROM GROUP - COMMITMENTS:

- * Cindy - shredding mail as it comes in
- * Amy - clothes in boxes put away in closets, dishes done nightly
- * Gary - mindless TV, NOT getting up early, surgery for hernia (ALL recently accomplished! Congrats!)
- * Gaile - automating a financial transaction

CONSCIOUS COMMITMENTS:

1. Brainstorm 20-25 Tolerations that are present in your life. Use the categories below to help you identify your pesky energy drains. Share with the group. (I've attached a worksheet)
2. Select 2-5 Tolerations that you'll tackle THIS week. Star those on your list when you post to the group.
3. Remember, it's not about handling all the Tolerations TODAY. Focus on the top 1-5 to handle, and do those. Progress happens over time. A Tolerations list should free you up, not bog you down.
4. Often Tolerations will start to get handled almost automatically once they are identified as a Toleration.
5. Look over your list. See which one or two Tolerations would free up the most energy. Start there.