

Personal Tolerations

Part 2 Self/ Personal Tolerations

List issues, problems and practices that current LIMIT you in yourself and your personal life.

Sample questions to consider:

What am I tolerating, putting up with?

What is frustrating me?

Where am I stuck or stalled?

Where am I being ordinary?

What am I avoiding?

Where am I suffering?

My Self/ Personal Breakthrough

1. Choose ONE glaring issue from your list of tolerations and write it down here:

2. What has this issue COST YOU or how has it IMPACTED YOU? Your business/career? Your life? Others? (Be as specific as possible with numbers, dollars, wasted time in hours etc...)

3. If this issue didn't exist or was instantly resolved, what would you be able to accomplish? How would your life, career or business change?

4. What is ONE STEP you can take to move forward this issue now? BY WHEN will you take it?