

12 Core Skills for a Solid Foundation
Eliminating Tolerations

Definition:

To tolerate means to:

A toleration is:

What are some examples of tolerations?

Examples:

Point to Remember:

Why is it important to get rid of tolerations?

#1

Notes:

#2

Notes:

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#3

Notes: _____

#4

Notes: _____

#5

Notes: _____

#6

Notes: _____

#7

Notes: _____

#8

Notes: _____

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Why do we tolerate things in the first place?

#1

Notes: _____

#2

Notes: _____

What are the benefits of getting rid of the tolerations in your life?

#1

Notes: _____

#2

Notes: _____

#3

Notes: _____

#4

Notes: _____

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#5

Notes: _____

#6

Notes: _____

#7

Notes: _____

Action Plan: Eliminating Tolerations for a Stress-Free Life

Step 1: _____

Notes: _____

Step 2: _____

Notes: _____

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Step 3: _____

Notes: _____

Categories:

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

9) _____

10) _____

Points to Remember:

#1 _____

#2 _____

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Step 4: _____

Notes: _____

Step 5: _____

Notes: _____

Step 6: _____

Notes: _____

Step 7: _____

Notes: _____

Step 8: _____

Notes: _____

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Step 9: _____

Notes: _____

Step 10: _____

Notes: _____

What about When Your Tolerations Involve Other People?

Behavior Issues

Notes: _____

Personality Issues

Notes: _____

Your Attitude & Perspective

Notes: _____

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Summary:

Notes: _____

Questions & Answers:

How long does it take to eliminate all of the tolerations from you life?

Notes: _____

Do you recommend that people get support through this process?

Notes: _____

How does this tie in with the principles of attraction?

Notes: _____

