



Work and Personal Tolerations

We tend to get dragged down and overwhelmed by things that accumulate over time, and tend clutter our minds and our work life as leaders.

You may not want to do anything about them right now but just writing them here will raise your awareness, which will help you to identify what you could constructively change.

Make a list of what you're putting up with at work, and at home if something bothers you while you're at work. See what's cluttering your mind and keeping you from being who you want to be:

Examples: Incomplete tasks, people's behaviors (be specific), your own responses to others, poor processes/procedures, clutter, 'shoulds,' crossed boundaries, poor morale, procrastination, indecision, etc.

Your Toleration:	How it's impacting you?	What can you do about it?(And, are you willing to address it?)
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
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10.		