

# WHAT ARE YOU TOLERATING?

What you don't want is just as important as what you do want! When you aren't clear on this, you end up tolerating things you don't like in your life without changing them. Let's change that!

Why have you been allowing yourself to tolerate things thus far?

\_\_\_\_\_➔

How can you further do introspective work to dismantle these fears?

\_\_\_\_\_➔

\_\_\_\_\_➔

What have you been tolerating?

\_\_\_\_\_➔

\_\_\_\_\_➔

\_\_\_\_\_➔

\_\_\_\_\_➔

Pick the top three priorities for you, and write at least 2 action steps you can take to better the situation.

\_\_\_\_\_➔\_\_\_\_\_➔

\_\_\_\_\_➔\_\_\_\_\_➔

\_\_\_\_\_➔\_\_\_\_\_➔

Two positive affirmations I will use for promoting my practice of cutting out things I'm tolerating are:

\_\_\_\_\_➔

\_\_\_\_\_➔

# WHAT ARE YOU TOLERATING?

I will reward myself by adding things I do like to my life in place of things I cut out that I didn't like. Ideas for that are:

---

---

---

---

---

---

Ways I plan to practice self-care throughout this delicate process are:

---

---

---

---

---

---

---

---