



ENLOCK YOUR ISTOPPABLE



## WHAT ARE YOU TOLERATING?

What you are tolerating will tell you a lot about your current reality. Tolerations are when you allow the existence, occurrence, or practice of something that you dislike or disagree with. This can include, but may not be limited to, your physical, mental, emotional, spiritual, and relational world. It can include anything you have been telling yourself that you need to do, want to do, or have to do, but haven't yet done.

1. Write the items you are tolerating (significant and seemingly insignificant).

Write the emotion you experience as a result of realizing that the toleration still exists.

Write the unfinished business or the step you would need to take in order to no longer tolerate it or to finish what needs done.

## Honesty is the highest form of intimacy

-Unknown



TOLERANCE	EMOTION	UNFINISHED BUSINESS



2. IF YOU DIDN'T COMPLETELY FILL OUT THE FULL LIST OF 18 TOLERANCES, WHAT HONESTY CAN YOU OFFER YOURSELF ABOUT WHY YOU ARE GIVING UP ON YOURSELF SO QUICKLY? ARE YOU REALLY COMMITTED TO GETTING HONEST AND DOING THE UNCOMFORTABLE WORK IN ORDER TO UNLOCK YOUR UNSTOPPABLE AND LIVE THE LIFE THAT MATTERS TO YOU? IF YOU ARE, WOULD YOU GO AGAIN AND BE "ALL IN" BY BEING HONEST AND COMPLETING THE LIST OF 18 THINGS YOU ARE TOLERATING?

3. WHAT COMMON THREADS OR THEMES DO YOU NOTICE					
AMONGST THE TOLERATIONS? WHAT ARE YOU NOTICING ABOUT					
YOUR CURRENT REALITY?					



4.WHAT EMOTIONS DO YOU MOST COMMONLY EXPERIENCE?					
WHAT ARE YOU NOTICING?					

5.IN THE SECTION BELOW, PLEASE WRITE OUT THE 8
TOLERANCES FROM THE LIST ABOVE THAT YOU WILL INTERRUPT
THIS WEEK. WRITE THE TOLERANCE, THE ACTION STEP YOU WILL
TAKE TO INTERRUPT IT, THE DATE YOU WILL TAKE THAT ACTION,
AND WHAT THE EVIDENCE WILL THAT IT IS COMPLETE.



TOLERANCE	ACTION STEP NEEDED	BY WHEN	EVIDENCE





NEXT LEVEL LIVING COACHING COURSE

