

WORK PAGES





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



UNFINISHED BUSINESS

WHAT ARE YOU NOTICING?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

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