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Author and Speaker

WHAT ARE YOU TOLERATING?

Make a list of at least five tolerations in your home, work, relationships and health.

Here are a few examples:

- Comparing yourself to others
- Unhealthy lifestyle
- Dwelling on the past
- Being around negative people
- Too future focused (for happiness)
- Procrastination
- Busy-ness
- Holding grudges
- Aesthetically unpleasant work environment
- Allowing your past to define you
- Excuses
- Believing in perfect
- Keeping a job you hate
- Living paycheck to paycheck
- Worry
- Other people's opinion of you
- A messy house
- Disorganization
- Clients that don't pay on time
- Employees that show up late
- Children who talk back to you
- Clothes that don't fit
- Putting yourself last

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Your list:

Choose one Toleration (from the example list or your own) to release right away.

Write out your plan of action:

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