

Tolerating 10 List

What are 10 things you are tolerating in your business, career, personal life?

Circle and prioritize your top 3

What are you currently tolerating? (Use your "Tolerating Ten List". Do this exercise for each. Start with your top 3)

What do you actually desire?

What is your excuse for tolerating this?

What is the truth?

What is the new behavior that needs to be put in place?

Daily Exercise

What am I trading my life for today?

What did I trade my life for today?