

STOP

THE LEARNING SUITE 2022
NO.SD102

TOLERATING

everything & everybody

#BEDISTINCT.EVERYWHERE.

TAKE INVENTORY
ON WHAT YOU
ACCEPT IN LIFE.

GUIDESHEET

THE DISTINCTION AGENCY



What Do You Tolerate?

SELF-DISCOVERY

ACCEPTANCE

GUIDE SHEET | No. SD102

TAKING INVENTORY on what you accept in your life.

People often ignore things that can become distracting or irritating. Complete the following to determine if there are tolerations you need to address. You may need to create some new boundaries and set some new expectations.

Think about what you believe are small lil things that are stupid, selfish, or immature to address. If you simmer or fester for longer than 1 minute it should go on this list. Nothing is wrong here no matter what it is. Everything should be considered.

PROFESSIONALLY (Colleagues, Suppliers, Co-worker)

__1.

__2.

__3.

__4.

__5.

SOCIAL (Friends and Peers)

__1.

__2.

__3.

__4.

__5.

PERSONAL (Family, Love Interests)

__1.

__2.

__3.

__4.

__5.

YOURSELF (Yes you! What do you tolerate from yourself?)

__1.

__2.

__3.

__4.

__5.

Great work! Now rate each one with an E for Easy, or D for Difficult. Okay, now choose one Difficult thing you tolerate and if it's with someone else, go and have that conversation with them. Need help with this conversation? (Read Guide Sheet No. 101c for Elevating your communication)

NOW...

Take one Difficult and Easy each week or bi-weekly... and practice and be present to what you tolerate from now on.

We just want to say **WAY TO GO** on completing this exercise and creating more **possibilities and opportunities** for yourself by advancing your skillset!

Start **TODAY** and **PRACTICE** living effectively, happy and healthy!



At The Distinction Agency we don't just teach concepts, we develop people in operating from their higher self while producing elite and powerful results. Contact us today 917.994.1772 or visit at www.thedistinctionagency.com