

There are lots of things we would like to change
in our lives

Instead of 'giving up' or starting 'something new', how about using the next four weeks to focus on eliminating some of the things you are putting up with?

Get an A4 pad, put on the kettle,
find a comfortable place to sit

Focus for the next 4 weeks

Get rid of the stuff you are putting up
with

At the start of the month, get your pad
Divide your page into three columns

Heading 1 says 'What am I putting up with?'

Heading 2 says 'How can I fix it?'"

Heading 3 says 'Who can help me and do I need anything specific to get the job done?'

Tolerations:



What am I putting up with?	How can I fix it?	Who can help me? Do I need anything specific to get the job done?

Go to www.tpebo.com to download this form with questions to get you started

Over the next week
Write everything down

Big, small, anything that is niggling

Here's some questions to get you
started

Instruction:



As you list the things you are putting up with,
reflect and ask yourself:

1. What is this costing me in terms of time, money, energy and so on?
2. What benefit do I get out of tolerating this?
Does it work for you on some level, if not, why on earth should you tolerate it?
3. What will it take for me to eliminate this so that it doesn't occur again?

Home

Layout, cleanliness, comfort & safety

1. Any unfinished DIY jobs?
2. Leaky pipes, dodgy locks that need fixing?
3. What simple things can you do to create a living space that's perfect for you and your family to live in?

Car

1. When was it last cleaned?
2. Does it need a service?
3. Are there moldy fast-food wrappers on the floor?

Clothes, closets and drawers

1. Will you REALLY get back into the size 10 shorts you bought in Spain ten years ago?

Storage

1. Do you need a crash helmet when you open cupboards, wardrobes and presses?

Body

1. How can you feel better about yourself?
2. Get fitter?
3. Eat healthier?
4. What can you do to take better care of yourself?

Work

Whether you are on a career path, a stay at home mum, carer or unemployed

Work

1. How is it really going?
2. How can you make it better on your terms?
3. What would you really like to do and are there any positive steps you can take to explore your options?

Your working environment

1. How can you move things around (physically and mentally) to create the ideal space for you to earn your living?

Your working environment

2. Perhaps the chair is too low?
3. You are behind on filing
4. Or there's not enough light for you to operate effectively?

Friends / family behavior

1. Don't be shy, WRITE it down, but look at constructive solutions.
2. How do you stop other people's behavior draining you?

Friends / family behavior

3. Maybe all you need to do is step back, be objective and see things from the other's person's perspective.

Calendar / Diary

1. Do you have one?
2. What's on it?
3. How does it look?
4. Do you have any goals listed?

Limiting thoughts and beliefs

1. Ask yourself – what's holding me back in me doing what I want to do and being who I really am?
2. What can I do to change things for the better?

Personal Habits

1. Are there things that you do that drive you nuts and then you kick yourself after they happen?
2. What can you do to change these into more acceptable / fulfilling habits for you and those who live with you?

Money, accounts, investments

1. Be honest here.
2. Do you have a financial reserve?
3. How do you get your financial house in order over the coming months?

Belongings

1. What is superfluous to your needs?
2. Can you give it to someone?
3. What do you genuinely need in your life?
4. What is the one thing you can do this month to get rid of the things you don't need?

Review the list



1. Is there one action you can take that can eliminate many tolerations in one go?

For example, invest in a DIY man

You may realise that it's time to work with a financial advisor so that you can manage your financial affairs more effectively.

Tolerations are draining

As you eliminate them, you create more space, time and energy for the things that are important in your life

In our experience...

Pages and pages and pages of
tolerations may appear
...that's perfectly normal ;-)

From the second week onwards:

1. Focus on one toleration a day, and see what you can do to remove it.
3. Go at your own pace and recognise what motivates you

Remember

The important thing is to enjoy the process, have a bit of fun

Some items will take weeks, if not months to address

Friends and family

Can offer support and do some of the work for you.

The nice thing is:

Something as simple as getting rid of your washed out under-wear can be one small step towards managing each day and each part of your life in a much better way.

Next Steps



- Enjoy the next month of activity
- Get rid of what you are putting up with
- Repeat this exercise every 6-12 months

You can download this exercise from
our downloads area

www.TpEBO.com