50 Tolerations to Eliminate From Your Life

Work

1. Messy desk
2. Not having the right equipment
3. Broken equipment
4. Your job
5. Overworking yourself at work
6. Procedures that are cumbersome
7. Work that doesn't suit your personality
8. A web page or marketing collateral that needs to be fixed or revised
9. Too much email
10. Not having enough training
11. A bad boss

People

12. A friend who is dramatic, doesn't give back, is irresponsible, is inconsiderate, is negative
13. A hairdresser that you don't like
14. An inattentive doctor
15. Family members who take advantage of you

Yourself

16. Self criticism
17. Self doubt
18. A haircut you don't like
19. Stained teeth
20. Clothes you hate
21. Not making time to do things you love
22. Being negative too much of the time

House

23. A creaky board
24. A cupboard door that won't close
25. A cluttered room

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26. A dishwasher that's rusty
27. A cracked tile
28. Tripping over the kids or dogs toys
29. Rooms that need to be painted
30. Not having a spare key hidden
31. Mildew in the shower
32. Spider webs or dust
33. Old food in the refrigerator
34. Not enough storage

Personal Items

35. A messy car
36. Limited trunk space
37. Unreliable car
38. Too many possessions

Health

39. Weighing more than your ideal weight
40. A health issue that could be corrected
41. Not exercising
42. Eating too much sugar
43. Not going to the doctor
44. Allergies

Money

45. Not having a financial cushion
46. Not having enough retirement funds
47. Having someone owe you money
48. Owing someone else money
49. Not making enough money
50. Not having a will or trust in place

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