



Life Upgrade E-Course

**** A 12-lesson course designed to strengthen
your life's foundation****

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Lesson 6: Get Rid of What You're Tolerating!

The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone. –Orison Swett Marden

What are tolerations?

Tolerations are those nagging irritations that you “put up with”. They can range from small (that pesky spot on the kitchen table that is always piled with papers and magazines) to overwhelming (the closet you can't open because it will spill out into the entire room). Other examples include too much “stuff” (clutter and disorganization), draining relationships, too many obligations, or being late everywhere you go.

Why do you have them?

Maybe you were taught not to complain or rock the boat, go along with others, don't call attention to yourself. And often your perception may be that it is easier to put up with something rather than confront it. “I don't want to go through that pile because then I'll have to decide what to do with it.” “I'd rather be mistreated than have a confrontation.”

What you probably find is that while you get a temporary bandaid from avoiding what needs to be handled, that “thing” will continue to drain your energy.

What happens when one tolerates?

Your juices just don't flow at peak level. Being tired crowds out your creative space, because tolerations are physically and emotionally draining. I like to call it having too little “white space.”

How much freer would you be if they were handled, once and for all?

Once you become aware of the tolerations in your life and begin to eliminate them, you will immediately notice an increase in your energy and vitality. At the same time, you may have some adjustment to a calmer life without the usual adrenaline rushes of putting out fires or fretting over unhandled matters. Be aware of an occasional feeling of boredom as a healthy part of the process of becoming toleration-free. And take time to relish some of the other great benefits:

- More time
- More Space
- Greater feelings of freedom
- Creative juices flow because you have time to pay attention to them

How to begin

1. First, understand and own the fact that putting up with stuff really doesn't benefit anyone.
2. Understand that by tolerating anything, big or small, you are simply avoiding your own responsibility.
3. If the roadblock to eliminating a toleration is your fear or dread of confrontation, re-frame your perceptions. Instead of viewing it as a confrontation where there has to be a winner and a loser, turn it into a strategy toward win/win for everyone. Take the co-worker who eats up your work time with personal chat. Instead of feeling like you have to confront him or her ("Leave me alone or else!") address the resolution as something that helps you both. "You know, I enjoy our daily conversations but I know it cuts into your work time as much as mine and I would like to begin to limit it to 10 or 15 minutes a day. (Remember our previous lesson on Boundaries.) That would really help me and I know it would help you too. Is morning or afternoon better for you?" Simply think of it as leveling something that is out of balance.
4. Stop Complaining. Make requests for what you need, clearly and specifically.

Homework for this lesson:

1. a. Make a list of 10 things you are tolerating *at home*.
b. Make a list of the requests and/or actions that will eliminate these.
c. Eliminate all 10 within two weeks.

Idea Bank:

Toleration

Unpaid Bills

Surface clutter in kitchen

Appliances not working properly

Mom never sits down!

Request or Action

Automate bill paying (online banking or financial software such as Quicken, QuickBooks, Microsoft Money).

Clean out drawers and cabinets to free up storage space. Donate or throw away unneeded items. Purchase containers or racks as needed to hold gadgets where you use them.

Call repairman or replace appliance ASAP!

Involve children in age-appropriate chores like folding laundry, making their own breakfast, taking out garbage.

Now it's your turn!

Lesson continues on pages 3 and 4....