

– THE COACHING CONNECTION –

Connecting You with All That You Can Be Personally and Professionally

You Don't Have to Tolerate Tolerations

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Did you ever stop for a moment to see just how many things in your life are irritating or annoying to you? In the coaching world, we call these tolerations. They are things that bother us because they need to be done, removed, or changed. Instead of eliminating them we have chosen either consciously or unconsciously to live with them. Tolerations drain your energy. They slow you down and create busy-work and consume our time without adding any value. Tolerations keep you stuck and at some level unhappy.

Humans have a large capacity to tolerate, which is good for the survival of the species, but not good for one's quality of life. So why do we tolerate so much? Some of it is because we have been taught to believe that tolerations are a normal, unavoidable part of life. We were told: "don't complain", "who said life would be easy", "don't rock the boat", "just go along with it", "be grateful for what you have", "don't be selfish". Sometimes we are busy living in the past with the "I could've, would've, should've, or living in the future with "I worry, I want, I wish" instead of living in the present with "I choose, I am, I can, I believe".

Tolerations multiple when we don't say No to the things that do not serve us, we settle for something, we overcommit ourselves or we talk ourselves into compromises. With our busy lives, it can become easy to have tolerations build up and start consuming us.

We can experience toleration in many areas of our lives including our environment, relationships, health, and financial situation. Clutter is the most common toleration. It can show up as overflowing closets, a messy home or office, too many commitments, lack of focus, and relationships that are draining. Another big area is procrastinating. Tolerations also appear when we neglect ourselves, when we do not make ourselves a priority in our lives. Tolerations come in all shapes and sizes, but the one thing they have in common is that they deplete and exhaust us.

As we are approaching the season of spring it is a great opportunity for each of us to renew ourselves and create more energy in our lives by identifying and eliminating what we are tolerating. To begin, make a list of all the things you are putting up with, include both the little and big items. Expand this list over the course of a

week as you focus on different areas of your life.

Now that you have a long list of tolerations (more than 100 isn't uncommon.) prioritize the ones that are the most draining to you. Take the big ones and break them down into manageable steps. Next to each one write what benefit/payoff you are getting from it. Then write what it will cost you to keep it. Next brainstorm solutions to eliminate the toleration. For some tolerations this will be easy for others it might be more challenging. Choose the solution that best honors and values your highest good. Create an action plan with a timeframe for completion.

Start to build your muscle by eliminating a toleration a day. Some

people like to start with the easiest ones to build momentum to help them tackle the bigger ones. Others choose to eliminate the biggest toleration first. Many people find it helpful to have a partner to support and encourage them as they go through the process of eliminating tolerations.

By eliminating tolerations you will gain energy, time and joy in your life. Success can be quite easy – simply identify and remove what is in the way, what's draining you and what has you stuck. When we focus on the many choices we have, we no longer feel bound to accept tolerations as an inevitable part of our lives.

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The Coaching Connection is a community-based service connecting you with all that you can be personally and professionally. This service is provided by our local Mount Washington Valley Professional Coaches, Cathy Nealon and Angela Zakon. For further information or support in eliminating the tolerations in your life contact Cathy at 383-3639, www.amazingpossibilities.com or Angela at 447-4337, www.ZakonGroup.com