

# IDENTIFY WHAT YOU ARE TOLERATING

*We tend to get dragged down and overwhelmed by things that accumulate over time. Just writing them out here will raise your awareness and you'll naturally start handling, fixing and resolving them. Make a list of what you're putting up with, at work, at home etc, to determine what might be cluttering your mind & slowing you down!*

1 <i>Issues (unresolved)</i>	12 <i>Crossed boundaries</i>	23 <i>.....</i>
2 <i>Incomplete projects &amp; tasks</i>	13 <i>Not getting enough sleep</i>	24 <i>.....</i>
3 <i>Snacking last thing at night</i>	14 <i>Mustn't.....</i>	25
4 <i>Procrastinating</i>	15 <i>.....</i>	26
5 <i>My bad behaviours</i>	16 <i>.....</i>	27
6 <i>Other peoples bad behaviours</i>	17 <i>.....</i>	28
7 <i>Being indecisive</i>	18	29
8 <i>Must start exercising</i>	19	30
9 <i>Must start.....</i>	20	31
10 <i>Should.....</i>	21	32
11 <i>Shouldn't.....</i>	22	33

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2	13	24
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5	16	27
6	17	28
7	18	29
8	19	30
9	20	31
10	21	32
11	22	33