



Master What Your Tolerating

You become more “attractive” when you stop tolerating. Tolerations drain you from your natural positive energy – meaning the more your tolerating the more your not yourself. We put up with, accept, take on and are dragged down by people’s behaviors, situations or unmet needs. By becoming aware of and articulating them, you will bring them to the forefront of your thoughts and life. Today - start handling, eliminating, fixing, growing through and resolving what your tolerating.

Make sure to access my website (www.chuckbauer.com) for additional personal development articles and assessments that will make a positive difference in your life. Feel free to send suggestions or feedback on this MPG “Master What Your Tolerating” program.

Congratulations for starting this program!

Chuck Bauer

Instructions:

There are **4 steps** to completing the “**Master What Your Tolerating**” Program.

Step 1

Your first goal is to identify **50 things** that your tolerating. Now, that may seem difficult, yet, if you place significance on this program you’ll see just how easy it is to identify your first 50. Start off by identifying tolerations in the 5 Pillars of Attraction Mastery: **F.R.E.S.H.** (**F**) stands for Finances, (**R**) stands for Relationships, (**E**) stands for Environment, (**S**) stands for Spirituality and (**H**) stands for Health.

Keep a notepad close by, even on your nightstand next to your bed. The sooner you start your list and “download” your brain on paper, the sooner you’ll get to your first 50. You may even process more than 50 – most people do. Use the provided chart to write down your tolerations and participate in the program.

Step 2

Now that you have your Top 50, work on identifying your Top 10. Use a colored marker to identify those that could be Top 10 material. Then transfer your final 10 to the Top 10 chart.

Step 3

Study each one of your Top 10 and determine what course of action you might take in an effort to create a “toleration free” zone. It’s important to identify the toleration, just as important to have a course of action for it’s removal, yet, the most important item for you to complete is to create an environment or toleration free zone so that the tolerations do not return. Next to your Top Ten, indicate a course of action for it’s removal.

Step 4

As you reduce your tolerations in and around your life, become aware of the natural changes in your energy and attitude. With each toleration removed, the more you become the person you were meant to be. Remember – if you continue tolerating your suffer consequences from those tolerations. Remove the tolerations and enjoy the benefits. If you are having difficulty in removing tolerations, you may consider coaching sessions that deal with setting and implementing personal and professional boundaries – which will help in removing tolerations.

Step 1: Top 50 Tolerations

What Am I Tolerating?

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____
- 19. _____
- 20. _____
- 21. _____
- 22. _____
- 23. _____
- 24. _____
- 25. _____

What Am I Tolerating?

- 26. _____
- 27. _____
- 28. _____
- 29. _____
- 30. _____
- 31. _____
- 32. _____
- 33. _____
- 34. _____
- 35. _____
- 36. _____
- 37. _____
- 38. _____
- 39. _____
- 40. _____
- 41. _____
- 42. _____
- 43. _____
- 44. _____
- 45. _____
- 46. _____
- 47. _____
- 48. _____
- 49. _____
- 50. _____

Steps 2 & 3: Top 10 Tolerations & Removal Action Plan

1. _____ **Action Plan:** _____

2. _____ **Action Plan:** _____

3. _____ **Action Plan:** _____

4. _____ **Action Plan:** _____

5. _____ **Action Plan:** _____

6. _____ **Action Plan:** _____

7. _____ **Action Plan:** _____

8. _____ **Action Plan:** _____

9. _____ **Action Plan:** _____

10. _____ **Action Plan:** _____

Step 4: Top 10 Benefit / Consequence

1. _____

Benefit: _____

Consequence: _____

2. _____

Benefit: _____

Consequence: _____

3. _____

Benefit: _____

Consequence: _____

4. _____

Benefit: _____

Consequence: _____

5. _____

Benefit: _____

Consequence: _____

6. _____

Benefit: _____

Consequence: _____

7. _____

Benefit: _____

Consequence: _____

8. _____

Benefit: _____

Consequence: _____

9. _____

Benefit: _____

Consequence: _____

10. _____

Benefit: _____

Consequence: _____