



Zapping The Tolerations

SECTION 5

“Tolerations are the impurities in the fuel that drive your engine of success. For the engine of your success to work and to take you where you want to go, you must get rid of or minimize your tolerations.”

Steve Scott—Business Coach and Author

Defining A Toleration

A toleration is anything that causes you to lose energy, focus or time on a consistent basis. A toleration keeps you from doing the important things that will move you, your business and your life forward.

One of the keys to personal and business success is to minimize and eliminate the tolerations. In many instances, without realizing it, you allow negative circumstances and things into your life. And, you either let them linger because you don't see them or more importantly, because you won't take responsibility for them.

How does this happen? Very often we tell ourselves that we have “adjusted to” a person, situation or circumstance. If we have truly “adjusted to” something then it is not causing us to lose focus, time or energy.

In today's busy world it is easier for you to tell yourself that you have “adjusted to” something. That way you don't have to spend the time on it. And, when you haven't been honest with yourself about the difference

between what you have “adjusted to” and a “toleration,” then your problems take root and become more difficult to solve.

We could go into all the reasons why you have tolerations. For now, accept the fact that tolerations are a fact of life. And, also accept that you can do something about them. What is most important is for you is to be truthful with yourself and to identify them. The next step is to do something about them.

Let's get started on eliminating or minimizing your tolerations. A great place to start is to imagine your life without the tolerations.

Three Steps To Help You Eliminate Or Minimize Your Tolerations

1. **Make a list of all your tolerations.** You may not have a solution. That is okay. Once you identify your tolerations you are more likely to find a solution.
2. **Look for a major toleration.** This is one that when solved will minimize or eliminate several other tolerations. An example might be going to

a copy center to get color printing and copies. You have to do this at least three times a week. It takes your time or that of an employee. As a result of this distraction, time is taken away from more meaningful activities.

It would be more cost effective to buy a color copier and printer. And when you do, you will have more time to work on something productive. Maybe your invoicing is always behind. Now you can stay ahead of it because you have the time. Very often, a toleration is a task or group of tasks that you can do more efficiently. Yet, you somehow never get around to making the change.

Remember, that you can always spend more money. But, you can't spend more time. Tolerations are about things that, first and foremost, steal your time and ultimately, in many instances, your money.

3. Identify and manage, or better yet, eliminate the cause of the toleration. If you don't do this then the toleration will disappear for a while only to return.

Without getting to the root cause of what you are tolerating, it is likely that you won't have a thorough understanding of correcting the situation. And, without a thorough understanding of the cause and how to correct it you are much more likely to make the same mistake.

An Example Of A Toleration

A simple example most of you can relate to has to do with relationships. Very often a caring person gets into a relationship where the caring becomes caretaking. The caring person rarely receives the satisfaction they are seeking. Why? Because caretaking of others is an extreme form of caring, and by its very nature excludes the ability to take care of yourself.

This person may go from one caretaking situation to another. He may tell you he is happy. But the reality is that most of the time he can't be happy because he has created a toleration that keeps him from caring for himself. The root cause of the problem is he has not managed his need for caring. As a result he goes from one unfulfilling relationship to another because he has never identified that he is tolerating lack of care for himself as the root cause of his unhappiness.

The Upside Of Being Free Of Your Tolerations

There are many benefits to identifying your tolerations and eliminating or minimizing them.

Imagine what your life will be like without tolerations. Here are some of the possibilities.

- You get things out of your way that are draining your energy. You can start living more because you are managing less.
- You have more energy. This has multiple benefits. You can address quality of life and business issues more easily.
- Your personal growth accelerates because you are not being held back by what you used to tolerate.
- And, your relationships when you are living your life this way, generally will cause you to attract a higher quality of person.

Steps To Take To Freeing Yourself Of Your Tolerations

1. Make a list of 5 things you are tolerating in your life.
2. Make a list of 5 things you are tolerating in your business.
3. Believe and accept that putting up with things as they are, is of absolutely no benefit to you or any one else. Why? It brings you and those around you unhappiness.
4. Be assertive and know what you want. You may ask for, request or design actions to eliminate what is holding you back.
5. You must understand that the soil for true personal growth and building your personal foundation must be toleration free. It is much like growing flowers. The soil cannot be full of weeds.
6. Understand that you must be committed to eliminating your tolerations. Being involved is not strong enough. Involvement without commitment (the action) usually results in little forward movement.
7. Invest \$100, \$1,000 or whatever your budget can afford to get help to handle those things that pain you.
8. Understand that life is a do it to yourself proposition. Living a toleration free life is about your choices. You must be strong in your stand for you and your life. No one else will do it for you.
9. When you come upon tolerations in your life go back through steps 1 through 8 again.

Thoughts For Reflection, Evaluation and Action

Take a look at the personal and work areas of your life.

Personal

Make a list of ten areas where you are tolerating things about your friends, family and home.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Business and Work

Make a list of ten areas where you are tolerating things about your work or business.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Next to each one put a date as to when you will have it resolved or minimized. Some things may be taken care of immediately. Others will take time. It could be days, months or years. The key is to identify what is holding you back. Only when you are clear can you establish priorities.

The last step is to take the lists after you have prioritized them according to date and make a master list. Then you can check things off as you deal with them.

The results will leave you feeling empowered. With your new empowerment you will have more breakthroughs and experience personal growth and the strengthening of your personal foundation at an accelerated pace.

Here are some additional ways to start helping you look at your tolerations and solving them.

Steve Scott and The Houston Business Coach series of educational products can put you on track to having more in your business and life. For other products go to TheHoustonBusinessCoach.com, For one on one coaching, contact us to discuss your options at 1-866-387-7805. We look forward to speaking with you.

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Questions for Reflection and Evaluation

What causes tolerations in your life? Make a list.

What are these tolerations doing for you?

What are they doing to you?

Identify your major toleration? What will you do about it?

How would your life look without the tolerations?
