



THERE ARE LOTS OF THINGS
WE WOULD LIKE TO
CHANGE IN OUR LIVES



INSTEAD OF 'GIVING UP' OR STARTING 'SOMETHING NEW'
USE THIS SESSION TO :

**FOCUS ON ELIMINATING
SOME OF THE THINGS YOU
ARE PUTTING UP WITH**



GET AN A4 PAD,
FIND A
COMFORTABLE
PLACE TO SIT

(and I'll talk you through the rest)



FOCUS FOR THE NEXT 2 WEEKS

GET RID OF THE STUFF YOU ARE PUTTING UP WITH

Have you got your pen & paper ready?

Over the next 20 mins:

Write everything down



Big, small, anything that is niggling

The following pages contain questions & prompts to get you started.

Instruction:

As you list the things you are putting up with, reflect and ask yourself:

1. What is this costing me in terms of time, money, energy and so on?
2. What benefit do I get out of tolerating this? Does it work for you on some level, if not, why on earth should you tolerate it?
3. What will it take for me to eliminate this so that it doesn't occur again?

Home Layout, cleanliness, comfort & safety

1. Any unfinished DIY jobs?
2. Leaky pipes, dodgy locks that need fixing?
3. What simple things can you do to create a living space that's perfect for you and your family to live in?

Clothes, closets & drawers

1. Will you REALLY get back into the size 10 shorts you bought in Spain ten years ago?

Storage

1. Do you need a crash helmet when you open cupboards, wardrobes and presses?

Car

1. When was it last cleaned?
 2. Does it need a service?
 3. Are there moldy fast-food wrappers on the floor?
-

Body

1. How can you feel better about yourself?
2. Get fitter?
3. Eat healthier?
4. What can you do to take better care of yourself?

Work

Whether you are on a career path, a stay at home mum, carer or unemployed

1. How is it really going?
2. How can you make it better on your terms?
3. What would you really like to do and are there any positive steps you can take to explore your options?

Your working environment

1. How can you move things around (physically and mentally) to create the ideal space for you to earn your living
2. Perhaps the chair is too low?
3. You are behind on filing?
4. Or there's not enough light for you to operate effectively?

Friends / Family Behavior

1. Don't be shy, WRITE it down. Look at CONSTRUCTIVE solutions.
 2. How do you stop other people's behavior draining you?
 3. Perhaps it is time to step back, be objective and see things from the other's person's perspective.
-

Calendar / Diary

1. Do you have one?
2. What's on it?
3. How does it look?
4. Do you have any goals listed?

Limiting thoughts & beliefs

1. Ask yourself – what's holding me back in me doing what I want to do and being who I really am?
2. What can I do to change things for the better?

Personal Habits

1. Are there things that you do that drive you nuts and then you kick yourself after they happen?
2. What can you do to change these into more acceptable / fulfilling habits for you and those who live with you?

Money, accounts & investments

Be honest here

1. Do you have a financial reserve?
 2. What do you need to do to get your financial house in order over the coming months?
-

Belongings

1. What is superfluous to your needs?
2. Can you give it to someone?
3. What do you genuinely need in your life?
4. What is the one thing you can do this month to get rid of the things you don't need?

"Tolerations are draining. As you eliminate them, you create more space, time and energy for the things that are important in your life"

During the exercise, you will notice...

Pages and pages and pages of tolerations appearing

In my experience...it's perfectly normal ;-)

Instruction:

1. Review the list
2. Is there one action you can take that can eliminate many tolerations in one go?

*For example:
Invest in a DIY man or you may realise that it's time to work with a financial advisor so that you can manage your financial affairs more effectively.*

Tomorrow:

1. Focus on one toleration a day, and see what you can do to remove it.
2. Go at your own pace and recognise what motivates you

Tip:

Enjoy the process, have a bit of fun

Be mindful that some items will take weeks, if not months to address



FRIENDS & FAMILY CAN OFFER SUPPORT

AND DO SOME OF THE WORK FOR YOU



THE NICE THING IS:

SOMETHING AS SIMPLE AS GETTING RID OF YOUR WASHED
OUT UNDER-WEAR CAN BE ONE SMALL STEP TOWARDS
MANAGING EACH DAY AND EACH PART OF YOUR LIFE IN
A MUCH BETTER WAY



ENJOY THIS MONTH'S ACTIVITY

GET RID OF WHAT YOU ARE
PUTTING UP WITH

REPEAT THIS EXERCISE EVERY 6-12 MONTHS



YOU CAN DOWNLOAD THIS EXERCISE FROM OUR
DOWNLOADS AREA

WWW.TPEBO.COM

© 2016 SINEAD HEWSON / TPEBO.COM



NEXT SESSION:

LOOKING AFTER NUMBER 1 (SELF-CARE)

FRIDAY, MARCH 4TH
09:30 CET / 13:30 CET / 21:00 CET
DURATION: 30-45 MINS