

Tolerations...they stop your growth!
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As a CPA and QuickBooks Coach the question of what I call tolerations. What are tolerations? Tolerations are things we seemingly accept in our daily lives that drain our mental and physical energy. The sad part is often we do not even realize the energy that is lost and wasted on these tolerations. Some examples of tolerations that people put up with are: the boss who is always on your back; the sick child; the mounting credit card debt; the closet shelf that needs organizing; the kitchen drawer that is full and needs straightening out; the car that needs to be washed; the oil change which is 5,000 miles overdue. These tolerations lurk in the shadows of our mind eating away at the vigor and enthusiasm we need to live our lives. Of course some tolerations cannot be eliminated, but as human beings we need to rid ourselves of as many as we can, so that our energy can be used to reach the goals we have set for ourselves. Whether that goal is a new job or a vacation, ridding ourselves of tolerations gives us the energy to go forward and enjoy life.

Many of your tolerations on their own are not large but as your tolerations accumulate they become a larger and larger mental weight to bear. Here is a little experiment I would like you to try. Take a sheet of paper and list all the things you are tolerating no matter how trivial or how large. List them all. Now I want you to pick two or three of the little tolerations and decide that you are going to eliminate them one by one. Now as you eliminate your first toleration, look inside yourself and see how you feel. I'll bet you'll find yourself more energetic and with a sense of freedom. Now tackle the next toleration. I believe you will find your self with even more energy and enthusiasm to go after the larger tolerations. You will find your mind freer and you will have more energy. Do me a favor? At the end of the week after you have eliminated some tolerations in your life. Send me an e-mail telling me how it went and how you feel. My e-mail address: coachmike@businessprofits.com.