

TOLERATION WORKSHEET

**What are you
putting up
with?**

"Drama Filled Circles"

Don't get caught up in judging and gossiping. Don't give in to the negativity and drama around you. Be positive.

Give people a piece of your heart rather than a piece of your mind.

That Nagging Thought Of, "I Could Have Been Kinder!"

How you make others feel about themselves, says a whole lot about you. Remember, the insecurities of others are not your responsibility. Just exemplify kindness and allow God to sort out the rest.

Insincere Apologies

If "they" are not remorseful, don't make it your responsibility to make them remorseful. Healing is always the best reconciliation, not vengeance.

Stagnant Routines

Money comes and goes, but your experiences stay with you until your very last breath. So don't be afraid to mix things up and challenge yourself with new life experiences.

Empty Complaints

Being annoyed never helps. Letting it go and doing something about it does.

Sitting around today complaining about yesterday, won't make tomorrow any brighter.

Being Scattered-Brained

It's so hard to forget pain, but sometimes it's even harder to remember the sweetness of life.



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Tolerations are the small foxes that spoil the vine. Tolerations prohibit our ability to fulfill our purpose with grace and freedom.

Write down 5 things that you tolerate:

1.

2.

3.

4.



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5.

Now prioritize your tolerations in order of from highest priority to lowest priority

Please see example below:

Priority list for
tolerations

1. Uneven bed frame
2. Disorganized office
3. Opinions of toxic family members
4. Negative self-talk
5. Dirty car

Action items

1. Call John to fix the bed frame tomorrow a 9am.
2. Clean office my office Friday at 11:00pm
3. Limit unhealthy interactions with family members and start the healing process.
4. Refer to priority three.
5. Go to auto bell Saturday at 12:00pm or after rehearsal

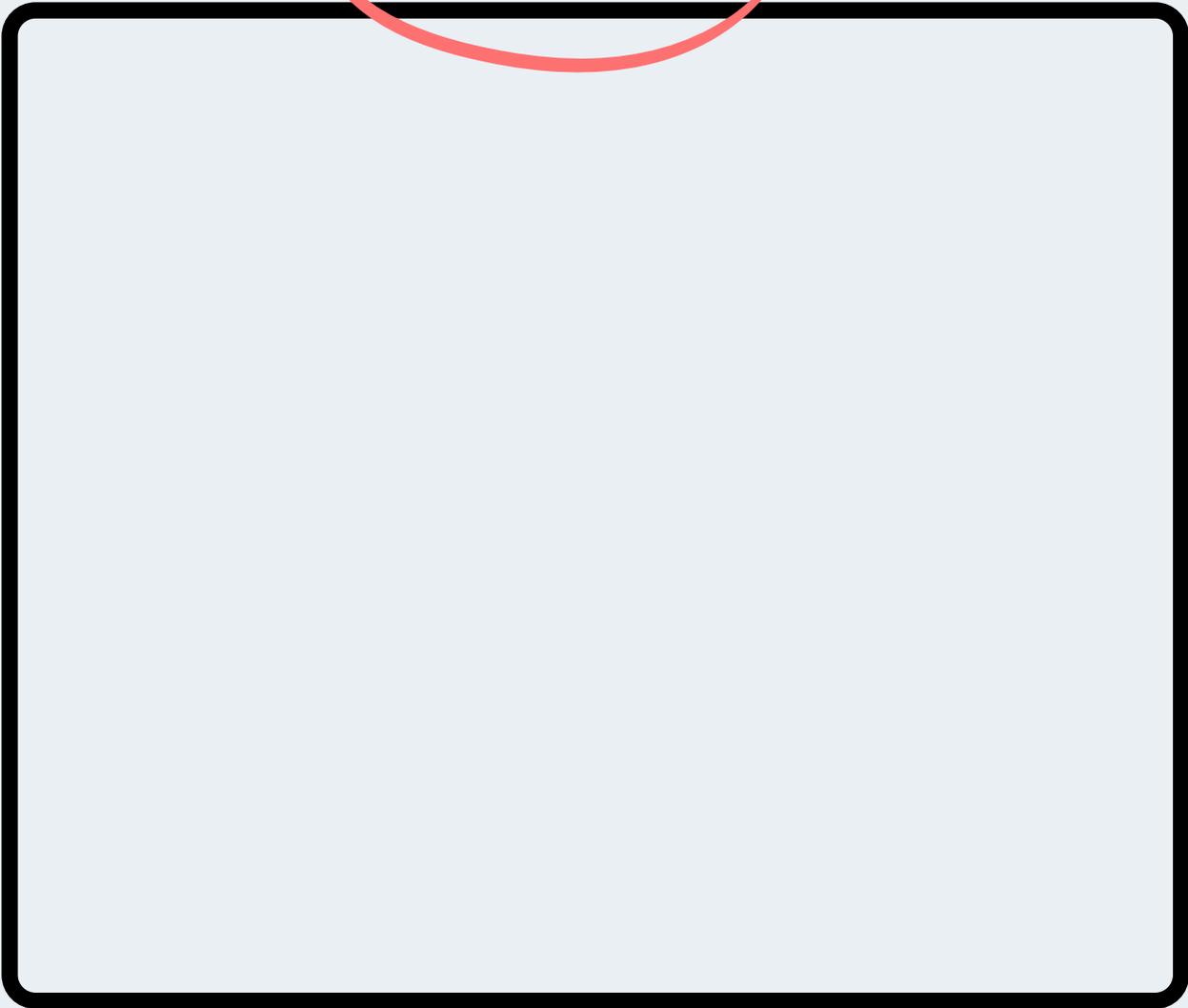


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Priority list for
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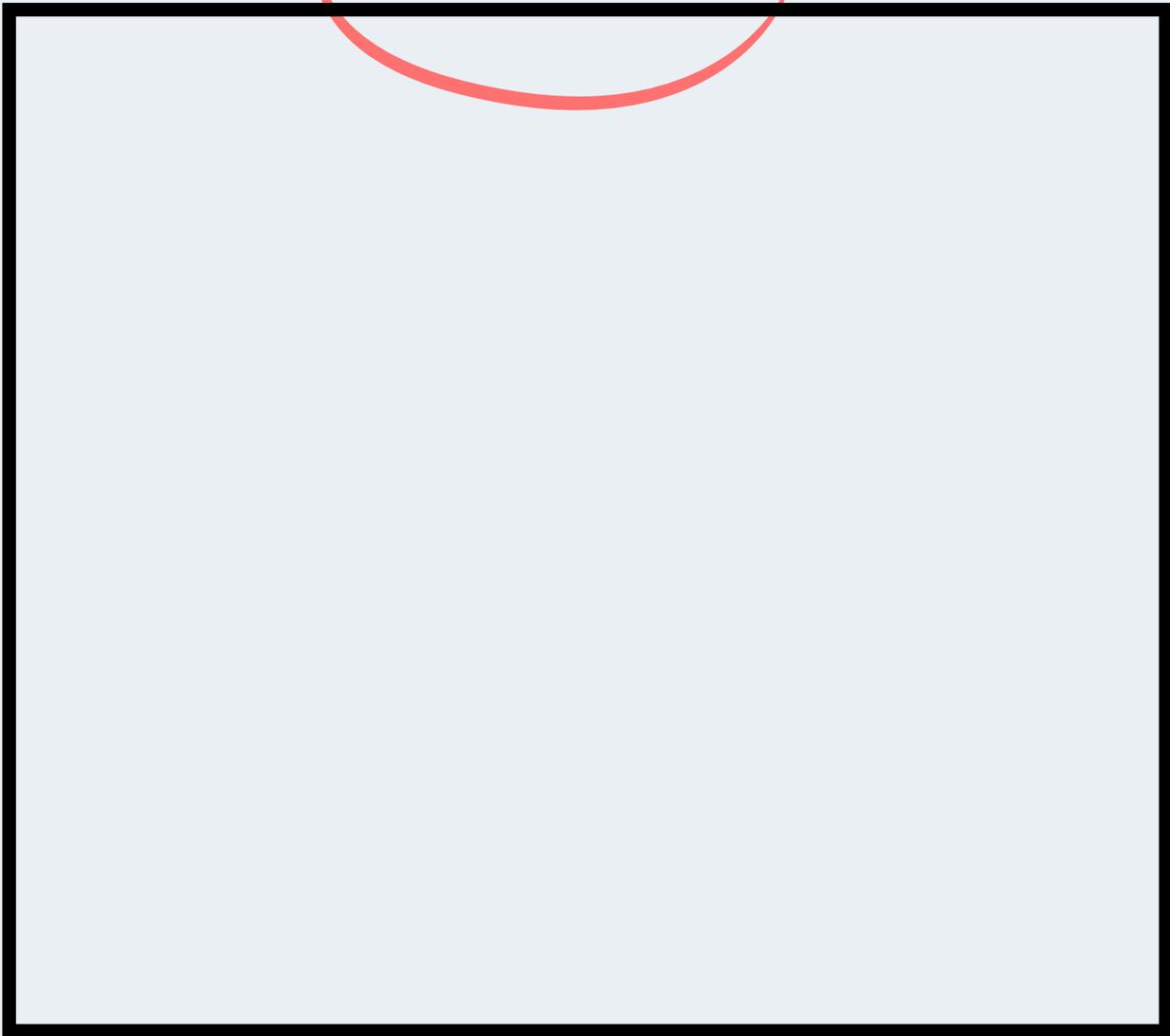


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Action Items
List



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