

# 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.

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2.

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3.

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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

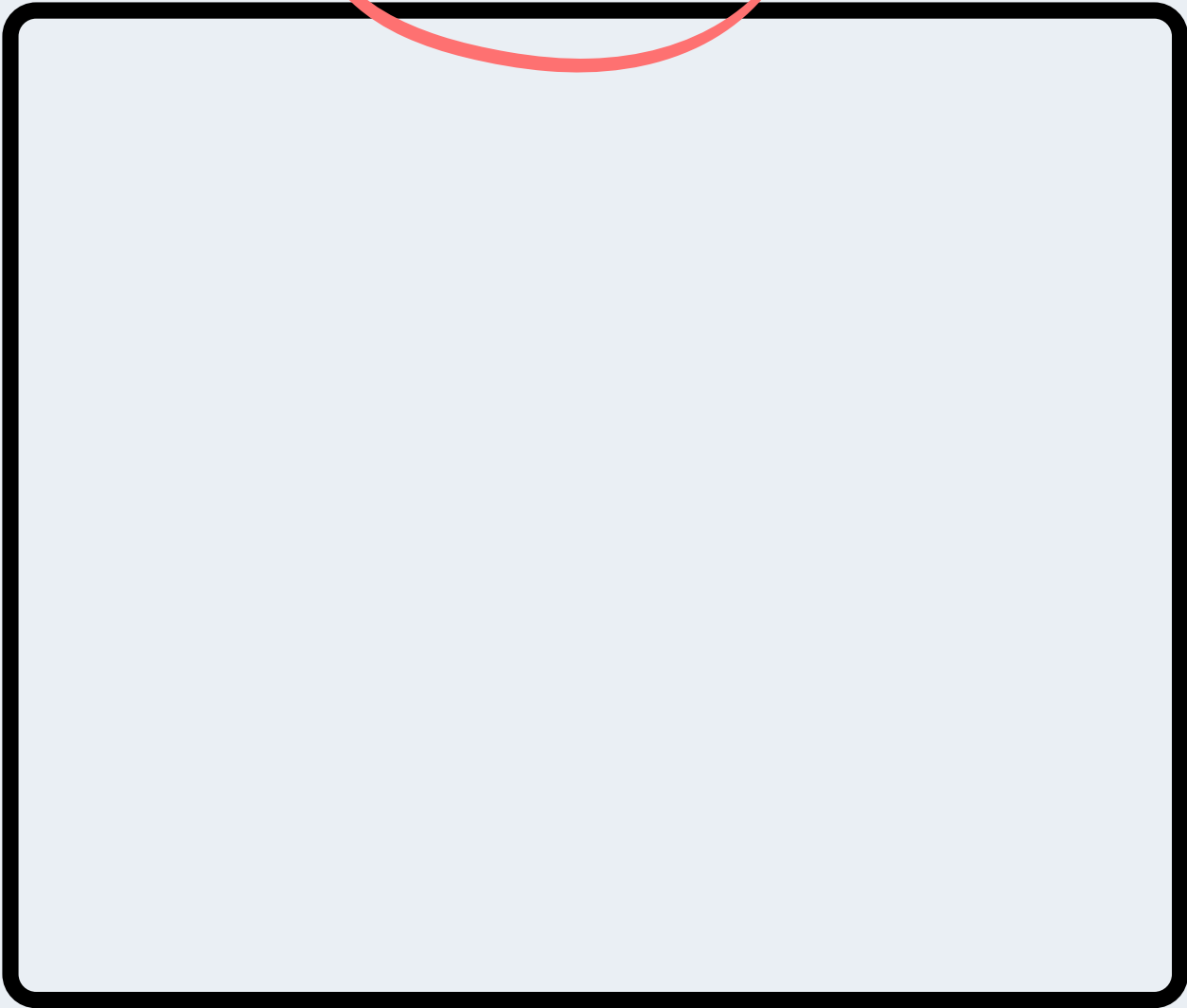


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Priority list for  
tolerations

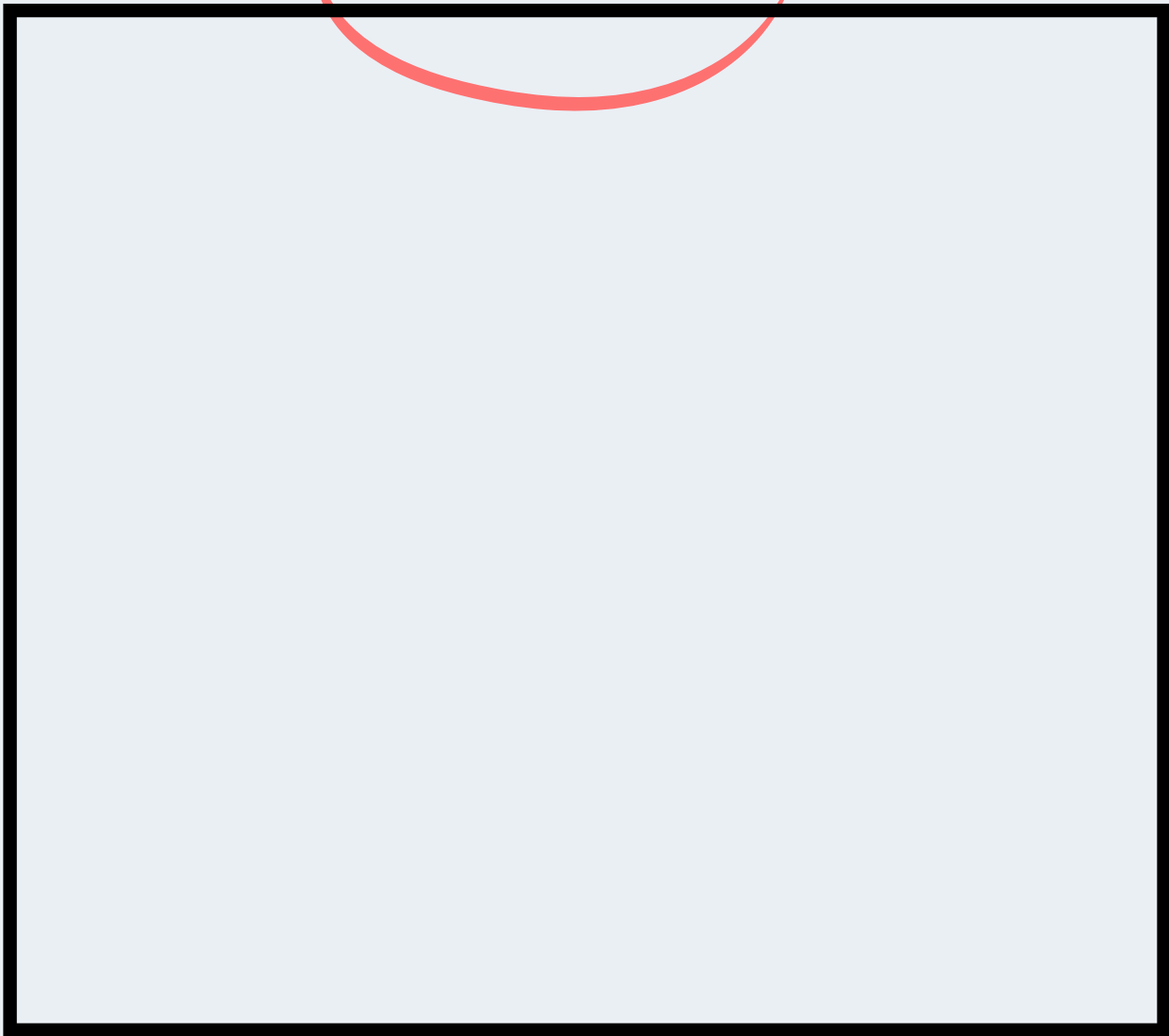


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**What are you  
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Action Items  
List



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