

Things or People that You Tolerate

List one thing from each section of the Wheel of Life that you are tolerating. Are these things draining your energy levels - just "putting up with them"?

1. Career _____
2. Finance _____
3. Personal Development _____
4. Friends and Family _____
5. Your Surroundings _____
6. Fun and Recreation _____
7. Health _____
8. Romance _____

Use with CD only. List one person from each section who is bugging you! What can you do to improve this situation if one exists?

1. Career _____
2. Finance _____
3. Personal Development _____
4. Friends and Family _____
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6. Fun and Recreation _____
7. Health _____
8. Romance _____