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## Tolerations

*“Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent. Be careful lest you let other people spend it for you.”*

— Carl Sandburg

What are you putting up with in your life? How are your tolerations holding you back?

Tolerate: to endure or resist the action of, without grave or lasting injury (Webster’s Dictionary). Have you ever thought of the tolerations that exist in your life? Perhaps not — because tolerations don’t speak back loudly. Tolerations are quiet aspects of our lives that slowly and quietly drain our energy and keep us from pursuing our dreams.

What do I mean by tolerations? I mean the things that you allow to exist in your life that do not serve you. For example:

- the extra twenty pounds that keep you feeling sluggish
- the friend who consistently crosses your boundaries, no matter what you tell them
- the coworker who creates great stress by their frequent outbursts of anger
- knowing you are underpaid for the work you do

What are you tolerating in your life? Give it some thought. What would your life be like without these tolerations? Some of the tolerations I have found in my life are:

- a friend who consistently called me late at night and stayed on the phone long past when I wanted to go to sleep
- a co-worker who was a master of creating last minute crises and pulling me into them
- a client consistently late in paying their bill

As I recognized these tolerations, I first examined what effect they were having in my life. My friend was causing me to not get the sleep I needed on the nights that she called. My co-worker was creating a great deal of unnecessary stress in my life. My client was affecting my ability to pay my bills and was dishonoring the payment agreement we had. I then set out to eliminate these tolerations from my life. With my friend, unfortunately, it was the end of our friendship, because when I explained my needs, the situation did not change. With my co-worker, the action was on my part. I did not allow him to pull me into his crises and gradually he stopped trying. With my client, I



## “A life without tolerations is a free life.”

strongly re-emphasized our payment agreement and she started paying on time.

When you eliminate your tolerations, you simultaneously reduce your stress and make room for new things to come into your life. Eliminating tolerations affirms that your life is worthwhile and that you honor yourself.

Do you want to eliminate the tolerations in your life? Start by identifying what they are. Then one, by one, eliminate them. If they involve other people, start in a compassionate way. Tell them what you would like to change and why you feel that way. Ask them if they will support you in changing the situation. If the toleration is about you, get moving and address it. Be kind to yourself, but set a strong intent to change. Make a commitment not to allow new tolerations in your life.

A life without tolerations is a free life. It is within your power to achieve. Live the life you want to. Make room for the new.

### Notes:

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So, are you ready to take some action? Here are two things you can do to eliminate the tolerations in your life.

- ✓ Designate a toleration-free day. Let your family, friends, and others know what you are doing. Tell them you are going to spend the day honoring yourself. When something comes up that you do not want to tolerate – don't tolerate it. Be civil, but spend the day in a life-affirming way. At the end of the day, identify the tolerations that you eluded and make note of how you feel.
- ✓ Create a list of the tolerations in your life. Include them all. If your list is huge, great! Post the list as a reminder that these are things you want to eliminate in your life.

**Good luck!**

**Ann**