

# My Tolerations Management Plan

## Step 1: Make a list

For one week (or more), make a list of anything that irritates you. Put it in the “little” category if it's a minor irritant. If it's significant, put it in the “big” one. Don't filter yourself.

TOLERATION	CATEGORY (LITTLE/BIG)

## Step 2: Toleration Action Plan

For each toleration you identified, decide if you will Eliminate, Invest, or Reframe, and specify the corresponding action.

TOLERATION	ACTION (ELIMINATE/INVEST/REFRAME)	SPECIFIC PLAN

## Step 3: Reflect

Set a future date, e.g. 1 month, 3 months, or 6 months from now. Mark it in your calendar. On this date, revisit your plan and answer the following questions.

1) What positive changes have you noticed from working through this process? What has been most helpful or insightful?

2) What tolerations are you still struggling with after working through this process? What strategies or action plans haven't been as effective as you'd hoped? What could you adjust or try differently moving forward?