

Zapping Your Tolerations

The things we tolerate in life drain an enormous amount of our energy. Have you ever stopped to think about the things you 'tolerate' in your life? Messy closets, an unorganized desk drawer, the vet appointment that keeps getting postponed, the car repair that you're reminded of every time you start the engine - they're all tolerations. Tolerations, no matter how insignificant that they may seem, accumulate. They become an enormous drain on our valuable energy and available resources. Start ZAPPING your tolerations today!

Toleration	Energy Cost	Time it will take to ZAP it!	Payoff