

Private Counselling In Havering

Kylea Sustek



BUSINESS TOLERATIONS

What are you putting up with?

INSTRUCTIONS: We tend to get dragged down and overwhelmed by things that accumulate over time, resulting in our minds becoming cluttered, possibly effecting our working focus, duties and ability. You may not want to do anything about them right now, but just writing them out here will raise your awareness and you'll naturally start handling, fixing and resolving them. So, make a list of what you're putting up with at work (and at home if something bothers you while at work) and see what's cluttering your mind, slowing you and/or your employment duties down.

Examples: Incomplete tasks, frustrations, poor processes and procedures, unresolved issues, other people's or your own behaviours, crossed boundaries, poor morale, outdated design, guilt, relationships, malpractice, procrastination etc...

Now is the time to identify what you're tolerating! Write as many items as you can, then over time as you think of more, simply add them to your list:

- | | |
|----------|----------|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |
| 7. | 8. |
| 9. | 10. |
| 11. | 12. |
| 13. | 14. |
| 15. | 16. |
| 17. | 18. |
| 19. | 20. |
| 21. | 22. |
| 23. | 24. |
| 25. | 26. |
| 27. | 28. |
| 29. | 30. |

Finally, pick ONE toleration and an action to make right away (or in the next day or so).