



toleration free program
life's waiting.



The Toleration 100 Index

(Standard Version)

Introduction

The trick with tolerations is to take them one at a time. Eventually, you'll have worked through the layers of them until you have no tolerations left, but there's no need to rush yourself through the process. In the next 10 weeks, you can eliminate 100 tolerations which is a great start to becoming a Toleration-Free Zone.

As you eliminate each toleration, place a check on the line preceding each toleration.

1. Home & Office.

- Home location/region. To do: _____
- Home size/layout. To do: _____
- Home furniture/art/floors. To do: _____
- Home safety. To do: _____
- Home homey-ness/feeling. To do: _____
- Office location. To do: _____
- Office noise level/Interruptions. To do: _____
- Office furniture/equipment/computers. To do: _____
- Office efficiency. To do: _____
- Office comfort. To do: _____

Total items completed

2. Relationships & Family.

- Spouse. To do: _____
- Children. Who/To do: _____ / _____
- Siblings. Who/To do: _____
- Relatives. Who/To do: _____ / _____
- In-Laws. Who/To do: _____ / _____
- Coworkers. Who/To do: _____ / _____
- Colleagues. Who/To do: _____ / _____
- Friends. Who/To do: _____ / _____
- Acquaintances. Who/To do: _____ / _____

___ Vendors/Services. Who/To do: _____ / _____

___ Total items completed

3. Car, Appliances & Equipment.

- ___ Car color. To do: _____
- ___ Car dependability. To do: _____
- ___ Car cleanliness/condition. To do: _____
- ___ Car model/type. To do: _____
- ___ Car traction/handling. To do: _____
- ___ Washer/dryer. To do: _____
- ___ Home computer. To do: _____
- ___ Kitchen appliances. To do: _____
- ___ Other: _____. To do: _____
- ___ Other: _____. To do: _____

___ Total items completed

4. Work & Clients/Customers.

- ___ Job/Function. To do: _____
- ___ Career Path. To do: _____
- ___ Employer. To do: _____
- ___ Daily routine. To do: _____
- ___ Home/Family chores. To do: _____
- ___ Annoying Client/Customer. To do: _____
- ___ Roles/Responsibilities. To do: _____
- ___ Intellectual challenge. To do: _____
- ___ Compensation Level. To do: _____

___ Total items completed

5. Personal Finances & Income Level.

- ___ 1. Debt level. To do: _____
- ___ 2. Paperwork organization/files. To do: _____
- ___ 3. Income level. To do: _____
- ___ 4. Wealth-building pace. To do: _____
- ___ 5. Financial reserve level. To do: _____
- ___ 6. Financial stress level. To do: _____
- ___ 7. Insurance coverage level. To do: _____
- ___ 8. Bill paying ease/process. To do: _____
- ___ 9. Tax preparation ease/process. To do: _____
- ___ 10. Other: _____. To do: _____

___ Total items completed

6. Personal Integrity & Self-Care.

- ___ Vitality/energy level. To do: _____
 - ___ Stress level. To do: _____
 - ___ Self-confidence level. To do: _____
 - ___ Self-expectations. To do: _____
 - ___ Eating habits. To do: _____
 - ___ Exercise. To do: _____
 - ___ Time for self To do: _____
 - ___ Avoiding something. To do: _____
 - ___ Personal standards. To do: _____
 - ___ Physical problem. To do: _____
- ___ Total items completed

7. Lifestyle & Desires.

- ___ Amount of pleasure. To do: _____.
 - ___ Amount of adventure. To do: _____
 - ___ Quality of friends. To do: _____
 - ___ After work /eves/wknds. To do: _____
 - ___ Creative outlets. To do: _____
 - ___ Amount/quality of vacation. To do: _____
 - ___ Ratio of Work/Play. To do: _____
 - ___ Amount/quality of toys. To do: _____
 - ___ Amount of personal time. To do: _____
 - ___ Amount/quality of sex. To do: _____
- ___ Total items completed

8. Feelings & Reactions.

- ___ Mood swings. To do: _____
 - ___ Disposition/Attitude. To do: _____
 - ___ Upsetting situation. To do: _____
 - ___ Degree of happiness. To do: _____
 - ___ Degree of fulfillment. To do: _____
 - ___ Degree of satisfaction. To do: _____
 - ___ Personality/Style. To do: _____
 - ___ Anger/Rage/. To do: _____
 - ___ Hurt/Pain/Sadness. To do: _____
 - ___ Super Sensitivity. To do: _____.
- ___ Total items completed

9. Body & Appearance.

- ___ Eye color. To do: _____
- ___ Hair color. To do: _____
- ___ Hair style. To do: _____
- ___ Weight. To do: _____
- ___ Body shape. To do: _____

- ___ Clothes/Look To do: _____
- ___ Nails. To do: _____
- ___ Skin smoothness. To do: _____
- ___ Degree of tan. To do: _____.
- ___ Endowment. To do: _____

___ Total items completed

10. Problems & Stress.

- ___ Legal problem. To do: _____
- ___ Accounting problem. To do: _____
- ___ Tax problem. To do: _____
- ___ Emotional problem. To do: _____
- ___ Personal secret. To do: _____
- ___ Physical problem. To do: _____
- ___ Compulsion/Addiction. To do: _____
- ___ Money/spending problem. To do: _____
- ___ Investment problem. To do: _____
- ___ Business problem. To do: _____

___ Total items completed

___ Grand total completed (max 100)

