



Tolerations & Excuses Exercise

| <i>Toleration</i> | <i>Desire</i> | <i>Excuse</i> | <i>Lie</i> | <i>Truth</i> | <i>New Behavior</i> |
|-------------------|---------------|---------------|------------|--------------|---------------------|
| 1. | | | | | |
| 2. | | | | | |
| 3. | | | | | |
| 4. | | | | | |
| 5. | | | | | |



*“Your tolerations are a direct result of who you are being.”
~David Neagle*

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|--------------------------|----------------------|----------------------|-------------------|---------------------|----------------------------|
| 6. | | | | | |
| 7. | | | | | |
| 8. | | | | | |
| 9. | | | | | |
| 10. | | | | | |