

'yto - one'
Newsletter – September 2007
"The bird that flutters least is longest on the wind"
William Cowper

Hi All Our Valued Friends, Partners, and Clients

September 2007

Welcome to our tenth newsletter of 'yto - one'.

Theme for September – Letting Go of What We Are Tolerating!

Welcome to spring - What a beautiful time of the year it is! Whilst winter may have been a time of reflection, and retreat, spring is the time of renewal, new beginnings, and often love is back in the air! Before we get started, on our theme for spring, I want to applaud you who rediscovered in August the power of taking responsibility for your own life, and for letting go of anger, blame and resentment! That is a very important step on the path to self empowerment. Outstanding effort! So, that now leads me on to September...this month, the theme is about Spring Cleaning from our lives things we have been enduring and tolerating that no longer serve us. We will learn to recognize what we have been tolerating, why we have been tolerating these things, and will learn some tips on ways to let go of these and move towards what truly matters!!

What is The Definition of the Word "Tolerate?"

Let's first explore what we mean by the word – tolerate - In a nutshell, it is easily understood by the concept of putting up with or enduring things that don't make you feel good about yourself. Dictionary definition is:

*To allow without deliberately imposing; permit
To recognize and respect the rights, beliefs and practices of others
To put up with or endure*

Your Spring Wake Up Call - Are You Avoiding Taking Action For What You are Tolerating?

In our lives, at various times, we must at times take action and change something we are putting up with to improve our lives and our self esteem. Often we avoid this for reason we will explore later. So, let's take a look at examples of how people tolerate things in their lives (and what realizations they had to come to) in two different scenarios below.

Example 1: Tolerating Being Treated as Not An Equal Priority

A person I know who was feeling ambivalence from her boyfriend – who would never commit yet would never break off - realized that this was not doing her self esteem any good. *She was tolerating "not being a priority but an option in his life."*

Example 2: Tolerating Being In A Workplace Which Is Damaging to Wellbeing

Another associate who found he was having panic attacks after witnessing a traumatic event in his workplace - realized this was not doing his wellbeing any good. He was tolerating *"remaining in an unhealthy fear-based workplace culture rather than one that was positive, empowering and respectful."*

Breaking Away From What We Are Tolerating Takes True Bravery and Involves Facing Our Fears

Both of these examples above demonstrate how each person came to the brave realization that they no longer wanted to tolerate the way things had been in the past. This took a tremendous amount of courage, a willingness to take a new action in their lives, face the consequences, and incur some temporary discomfort for long-term gain.

Take Some Moments to Think About What It Is That YOU Are Tolerating?

I'd like to invite you to take some time and write down everything in your life that you are tolerating right now. Just put pen to paper and list everything - just keep going until you have completely exhausted yourself of anything that pops into your mind. It might be your neighbors' barking dog, or your colleagues' disrespectful comments, or your own negative self-talk!! Let it all out – this can be very illuminating and cathartic.

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Why do We Tolerate Things in Our Lives?

So WHY do we tolerate things in our lives?? This is a very interesting question. There are 2 main reasons. Firstly, it is because by tolerating things it: *keeps us safe* – in other words we do not have to take action – because action may involve fear because it involves change. Secondly, it is because by tolerating things it: takes up so much of our time that we become *distracted from what really counts*. So we don't have to take the risk to get out of our comfort zones and do what truly matters! To illustrate this for you, let's go back to our earlier examples, our friend who did not want to challenge her boyfriend and previously tolerated the on again-off again relationship, because she *feared* it would end altogether, once she confronted the truth. So, in a way it *kept her safe*. Our second example, our friend, who had recurring panic attacks at work, kept him *distracted* from doing the job he truly wanted to do; to go back to working from home and playing the stock market.

Exploring What Your Life Would Be When You Rid Yourself of Your Tolerances

Now, you know the vital two reasons why you have been doing what everyone does – and that is basically to *keep yourself safe and distract yourself*! - I'd like to invite you to look at your list and take a few moments to think about ONE SPECIFIC THING you have been tolerating in your life and ponder the following questions:

What will be the price you will pay if you keep this intolerance?

What do you need to do to get rid of this intolerance?

Is there anything that would prevent you?

If you did get rid of what you are tolerating, how would you feel about yourself?

What would change in your life?

Now You Are Ready To Unleash Your Own Tolerance Free Zone!

As you did the exercise above, you may have had an "Aha" Moment – a moment of things falling into place about WHY you have been putting up with something, what will happen if you DON'T CHANGE, how your new life COULD BE, and how you would FEEL ABOUT YOURSELF if you let go of these intolerances. These moments give you the resourcefulness from which to start creating your new action steps.

Creating Your New Action Steps

On a fresh piece of paper, create ONE NEW ACTION/WAY OF BEING around the issue in particular that you have been tolerating ie if you have been tolerating someone's rudeness, you could state:

"I assert myself in situations with....."

Now Go Ahead and Rip up Your Old List of Things You have been Tolerating

Now work through your whole list (imagine pulling out a weed from the roots – some of your tolerances will be linked and once you pull out the root, the others will disappear) – create your new action plan. Now go ahead and rip up your old list of what you have been tolerating. That is your message to your subconscious that you are no longer willing to tolerate these things; the garden is being weeded of the old debris!

Believe Me – You will be rewarded for making the Change

Congratulations! You are now entering the springtime of your life! You are acknowledging things perhaps you have been tolerating in silence your whole life. So, right now go ahead and see yourself in the spring – out in the open throwing off the past, and shining in the world with so much more energy. This takes a lot of courage; however, I promise you that if you keep creating a Tolerance Free Zone, your newly freed-up energy will move you forward to what truly matters to you! Spring is in the air and you are Spring-cleaning out the old ways, and I look forward to connecting again soon! I can feel the old you falling away right now!!

Warmest Regards,

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