

SMARTER ACTIVITY – SIGNS OF UNHEALTHY TOLERATIONS

The list of questions below will help you realize how your tolerations may affect you. The more you answer “Always” and “Sometimes,” the more likely it is that you have tolerations that are interfering with being your personal best.

	Always	Sometimes	Never
Do you always have to live up to others' expectations?			
Do you find that you are not able to concentrate on your tasks?			
Do you suffer from sleepless nights or find it hard to sleep through the night, often waking up feeling tired?			
Do you suffer from shortness of breath?			
Do you suffer from palpitations or tightness in the chest, or stomach cramps?			
Do you suffer from sweaty palms?			
Do you find it hard to say no when you are asked to do more?			
Do you feel tired most of the time?			
Do you have less enjoyment about life?			
Do you over- or under-eat?			
Do you find it difficult to pause and enjoy the simplicities of life?			
Do you suffer from digestive problems like constipation or indigestion?			
Do you grind your teeth or clench your fists?			
Do you find it hard to set aside time to have fun and enjoy yourself?			