

 **WHAT ARE YOU TOLERATING? SPEND TIME ON WHAT MATTERS!**

Complete the worksheet below to identify what you are tolerating that interferes with you spending time on what matters most to your career success and significance. Next, identify for yourself or ask others why you are tolerating spending your time with people, or on activities, that do not further your career success or significance. Finally, identify what you can start to do differently to eliminate this toleration that is wasting your time. Start investing your time *SMARTER!*

What am I tolerating that interferes with the SMARTER use of my time?	Why do I continue to tolerate wasting my time?	What can I start to do differently to invest my time on people or activities that really matter?	How well am I doing with my new time investment?