

Tolerations

PRINT THIS OFF & STICK IT UP SOMEWHERE THAT YOU WILL SEE IT EVERY DAY (EG YOUR MIRROR!)

My tolerations	How do I plan to zap it?	When will I zap it?	✓ when done
1			
2			
3			
➔ AS YOU THINK OF MORE TOLERATIONS, SIMPLY ADD THEM BELOW			
4			
5			
6			
7			
8			
9			
10			

HAPPY ZAPPING!

For more information, contact help@kudosacademy.com or visit www.coachinginschools.com