

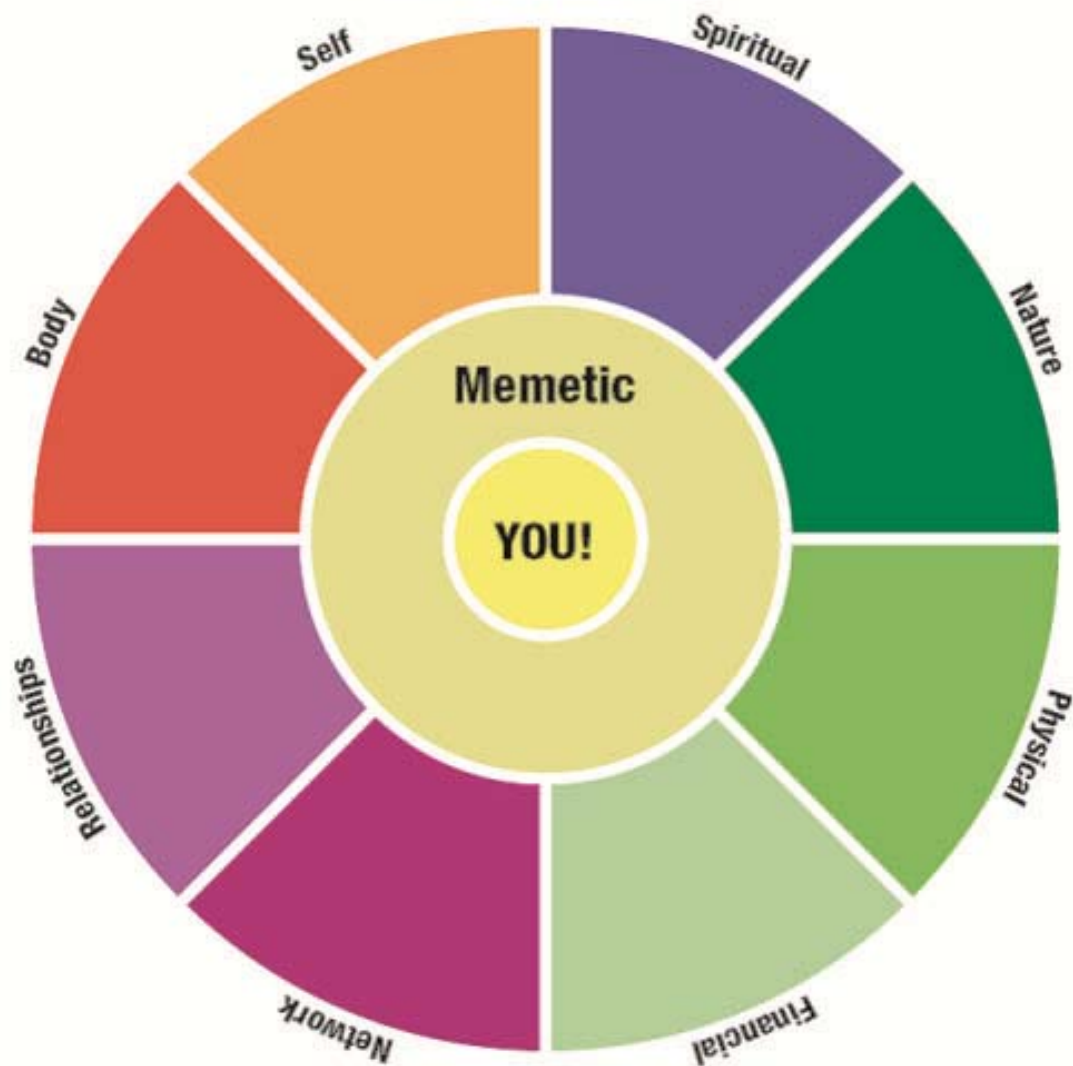
## My Irritations & Tolerations List

What is Irritating Me?	How Can I Fix It?	Who Can I Delegate All or Part of Fixing It To?	Due Date

1. What irritates you? What are you tolerating?
2. What do you need to do to fix it?
3. Who could you ask to help get it handled?
4. How do you stop yourself from asking?
5. What is the possible benefit of asking?
6. When will you ask them? © 2011 Self Esteem



## The Nine Environments of YOU!



*Used with permission from Jim Bunch and The Ultimate Game of Life*



## My Incompletes and Messes

The Mess?	When Will I Clean It Up By?	Who Can I Delegate All or Part of the Cleaning Up To?	Due Date

1. What is a mess or incomplete in your life?
2. How does not completing it affect you?
3. What is the possible benefit of cleaning it up?
4. Who could you delegate all or part of the clean up to?
5. When will you ask them?
6. When will you complete this?