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

© 2011 Self Esteem Seminars, L.P. All rights reserved. Jack Canfield TM is a trademark of Self Esteem Seminars, L.P.