100 TOLERATIONS



Sometimes when people are feeling out of control just being able to tick or give attention and deal with bits and pieces on the list helps. The list was put together by Thomas Leonard who is sometimes credited to be the father of coaching.

**WELLBEING**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Yes** | **No** |
| 1 | I know what my cholesterol numbers are and they are within the healthy range. |  |  |
| 2 | I get plenty of sleep at night and I am not tired |  |  |
| 3 | My blood pressure is within the healthy range |  |  |
| 4 | I drink enough water a day to keep my skin in good condition |  |  |
| 5 | I eat well and maintain a healthy weight |  |  |
| 6 | I have my eyes checked regularly |  |  |
| 7 | I visit the dentist regularly |  |  |
| 8 | I exercise regularly |  |  |
| 9 | I can and do relax |  |  |
| 10 | I am not lonely and have good friends whom I trust |  |  |

**THINGS WE MIGHT NOT WANT TO THINK ABOUT!**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Is my will up to date (do I have a will?) |  |  |
| 2 | Are all my documents filed in an accessible place should the worst happen? |  |  |
| 3 | Do I have adequate life insurance? |  |  |
| 4 | Do I know my family’s medical history? |  |  |
| 5 | Do I have smoke detectors in my house? |  |  |
| 6 | Do I take care in the sun and wear sun screen, a hat and sunglasses to protect myself from sun damage? |  |  |
| 7 | Do I have any addictions that need to be dealt with? |  |  |
| 8 | I do not engage in road rage |  |  |
| 9 | If the worst thing happens to me will my dependents be financially stable? |  |  |
| 10 | I take care when walking, paying attention to who is around me and being mindful of traffic by not using my mobile phone |  |  |

**HOME**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | There is no place in my home that I do not like |  |  |
| 2 | My home is always clean and tidy |  |  |
| 3 | I have more than enough dishes, mugs, kitchen utensils and equipment for my needs |  |  |
| 4 | My home’s heating system is effective and regularly serviced |  |  |
| 5 | My garden is just how I want it |  |  |
| 6 | I always have plenty of clean and pressed clothes |  |  |
| 7 | I have soft sheets, duvets and other bedding that helps me have a restful sleep |  |  |
| 8 | I love my home: it’s my sanctuary |  |  |
| 9 | I have a fire extinguisher in my kitchen in case of an emergency |  |  |
| 10 | I have an up to date and stocked first aid kit accessible in my home |  |  |

**CAR / VEHICLE**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | I have a set of jump leads in the boot of my car |  |  |
| 2 | I always have a bit of spare cash hidden in my car in case of emergencies |  |  |
| 3 | I have road side assist |  |  |
| 4 | I have my car regularly serviced |  |  |
| 5 | My tyres are not worn or unsafe |  |  |
| 6 | My car has airbags and excellent brakes |  |  |
| 7 | I have food, extra water, spare tyre and a blanket in case of break downs |  |  |
| 8 | My windscreen wipers are efficient |  |  |
| 9 | I have hands-free for my mobile phone |  |  |
| 10 | I have the correct seating and seat belts for my children (if applicable) |  |  |

**FINANCIAL**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | I have no credit card debt |  |  |
| 2 | I have telephone or internet banking |  |  |
| 3 | I have at least £100 in cash at home in case of emergencies |  |  |
| 4 | I am making contributions to a pension scheme |  |  |
| 5 | My financial situation is not causing me stress |  |  |
| 6 | Do you know what your credit score is? |  |  |
| 7 | Are you getting the best financial deal for your mobile phone, utilities and cable TV? |  |  |
| 8 | Do you use spending as a stress buster? |  |  |
| 9 | Can you openly discuss money issues with your significant other? (if applicable) |  |  |
| 10 | Do you feel that you could do more financially to protect your standard of living? |  |  |

**WORK**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | I work with people I respect and in the main get along with |  |  |
| 2 | I feel inspired by my work |  |  |
| 3 | My work satisfies me intellectually |  |  |
| 4 | I am on a career / professional / business track that is, or will soon be both financially and personally rewarding |  |  |
| 5 | I have a rewarding life beyond my work or profession |  |  |
| 6 | I do not suffer either mentally or physically at work |  |  |
| 7 | I get up from my desk and take regular small breaks |  |  |
| 8 | I am paid properly for the value and skill I bring to my work |  |  |
| 9 | I have the right equipment I need to do my job effectively |  |  |
| 10 | I am not damaged by my working environment |  |  |

**IMAGE**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Do I wear appropriate and well-fitting clothes? |  |  |
| 2 | Are my shoes polished and well maintained? |  |  |
| 3 | Do I always have an umbrella with me? |  |  |
| 4 | Are buttons, seams and hems mended quickly and neatly? |  |  |
| 5 | Do your clothes make you feel good? |  |  |
| 6 | Are you presenting the kind of image that you want? |  |  |
| 7 | Do you wear clothes that reflect your personality? |  |  |
| 8 | Do you feel self conscious about your appearance? |  |  |
| 9 | Do you feel you have enough time to take care of yourself, your appearance and your wellbeing? |  |  |
| 10 | Do you regularly throw away out of date well-being products? |  |  |
| 11 | Do you use sulfate and paraben free products on your skin and hair? |  |  |
| 12 | Do you hold onto clothes in the hope of slimming down? |  |  |
| 13 | Do you clear out old clothes at any stage? |  |  |
| 14 | Have you been measured properly for certain clothes (shirts/bras)? |  |  |
| 15 | Are your trainers in tip top shape? |  |  |
| 16 | Do you take care of your feet by getting treatment for corns and calluses? |  |  |
| 17 | Is your posture good? |  |  |
| 18 | Do you have any allergies that aren’t being managed effectively? |  |  |
| 19 | Do you feel good in your own skin? |  |  |
| 20 | Are you as confident as you could be? |  |  |

**GENERAL**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | I currently save at least 10% of my income |  |  |
| 2 | I live well within my means |  |  |
| 3 | People feel comfortable in my home |  |  |
| 4 | My bed is made daily |  |  |
| 5 | My hair is the way I want it |  |  |
| 6 | I recycle |  |  |
| 7 | I surround myself with beautiful things |  |  |
| 8 | My shoes are all in good repair |  |  |
| 9 | I surround myself with music that makes my life more enjoyable |  |  |
| 10 | I walk or exercise at least three times a week |  |  |
| 11 | I have told the significant people in my life that I love them |  |  |
| 12 | I receive enough love from the people around me to feel good |  |  |
| 13 | I am a person of my word; people can count on me |  |  |
| 14 | My nails are healthy and look good |  |  |
| 15 | I don’t rely on caffeine to give me energy |  |  |
| 16 | My weight is in the ideal range for my height |  |  |
| 17 | I have something to look forward to every day |  |  |
| 18 | I enjoy holidays, weekends away and social gatherings |  |  |
| 19 | I floss daily |  |  |
| 20 | My hearing is good |  |  |

