

Day 5: What You No Longer Tolerate

Question to reflect upon and possibly journal write about:

What things do I need to release or stop doing so I can feel better, love myself more, and increase my self worth while building a deeper soulmate relationship with myself?

Directions:

For this exercise, reflect on what you are ready to no longer tolerate from yourself—behaviors, patterns that no longer serve you, or from others—coworkers, your children, your ex, etc.

I would encourage you to go beyond 3 things, but for time and space purposes I have given room to start you off with 3 things you will no longer tolerate so that you start honoring yourself, and improving and strengthening your self worth.

My Top 3 Things I Will No Longer Tolerate:

Example: I will no longer tolerate dating people that I know are not my soulmate just so I am less lonely and I have something to do.

1.

2.

3.