



## Happiness@TheSpeedofLife Newsletter Edition 82: Things That Make You Go, "Ugh!"

**1,227** words of content including **a tool to restore your lost energy and four words you should not tolerate in the workplace.** Approximate reading time required: **4.91** minutes. And isn't your Happiness worth it?

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Welcome to my e-newsletter, which focuses on defining and applying the Principles of Happiness and Positive Emotion in your life and work.

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### I. THINGS THAT MAKE YOU GO, "UGH!"

**Do you have things or situations in your life that cause you to go, "ugh!"?**

**I call them Tolerations -- things you "put up with" in your life.** Because they are often small and invisible, they create stress without your awareness; they drain your energy.

***Happiness Principle #6 reads: Tolerate Nothing. Continually identify and eliminate all the little "stuff" which causes you friction and drains your energy.***

**When I introduce people to the concept of Tolerations** they often list issues they are tolerating, but then they get overwhelmed when they consider how much WORK it's going to take to address them.

**No. Stop. It doesn't have to be about you changing them -- it's about you changing YOU, which is a lot easier.**

**Here's the thing: people are people, and situations are situations.** They are neither good nor bad, hard nor easy. It is your ASSESSMENT of a person or situation that creates your stress, and many times the easiest way to reduce your stress is to change the story you tell yourself.

**Example: For several years, my gym time overlapped with that of a guy I'll call "Greg."** Greg worked out six days a week, and was in superb physical condition, via swimming, weights, and cardio work. AND Greg was a neat freak/germophobe. Each time I crossed his path he would comment on a leaky sink, the odor in the bathroom, insufficient hot water in the showers, etc, etc. I regularly agreed with him, and we'd have a little pity party....

**And I would leave the gym feeling stressed and a little down.**



**What Greg said was true -- stuff wasn't working.** Also true: this was a 60-year old YMCA building, and Greg issues were related to the aging facilities. One day this situation came up in my tolerations work, and I realized **I was whining.** So I adjusted my thinking and my behavior.

**In working on myself, I also became aware of what Greg was doing.** So I asked him, "If you have so many problems with the place, why do you keep working out here?" Greg looked at me with surprise. His first reaction was, "I've been coming here for years!" and I came back with, "So have I, Greg... and I cannot think of a time when these were not issues. You are arguing with reality. Do you realize that you are tolerating these conditions?" "Tolerating?" I explained what I meant, and he pondered that as he dressed and left.

**I never saw Greg again at the YMCA.** However, we traveled in overlapping business circles, and two months later I saw him at a networking event. He came over to shake my hand and said, "You were right. I obsessed about that place, and yet I had the power to change the situation all along. I found another gym that I like better. Thank you for showing me that I was putting up with the situation. It was not them that needed to change – it was me!"

**And that's the point of Tolerations. If you are unaware of something that is draining you, it will continue to Zap your energy.** The tolerations exercise gives you the opportunity to say, "that bugs me," out loud, and really acknowledge it.

**Once you do that, you have choices that you did NOT have when it was invisible to you.** You can CHOOSE to remain and whine about it, OR...you can choose to take action, make a plan, make a request of someone else, or even...

**...change your thinking about it.** Note the contrast between how Greg and I experienced the same reality – shower facilities occasionally smelled and needed constant repair:

- Greg thought, "It should not be like this. This is wrong. I am suffering." And he took action to find a new place.
- I looked at the same situation and thought, "yes, there are breakdowns constantly; AND they keep it clean and the price is reasonable, and I am willing to accept the tradeoffs."

**We CHOSE different, yet equally effective paths:** I let go of the toleration by changing my story, while Greg eliminated the toleration by changing his environment.

**Notice that what changed in both situations was US – first, awareness, then making a new choice.**

### Do This For Yourself

**What are you tolerating?** Download the complete exercise [here](#).

**If you removed a few tolerations, how much better might you feel?** Think about it. Less burdens to carry. More energy and capacity to focus on what's important. More space to feel happiness and contentment rather than the anxiety and stuckness that often accompany tolerations.

#### The Benefit of addressing Tolerations:

Asked of a client who is doing the work right now: "What are you noticing about your energy as you keep addressing toleration after toleration?"

*"A big energy increase. A feeling of self-mastery. A more clear head. All pieces I have been missing for a long time. Thank You!!!!!!!"*



**And who doesn't want to be happier?**

Visit <http://www.theexecutivehappinesscoach.com/resources/articles/HP06-TolerateNothing.pdf> for complete instructions and a Tolerations worksheet

**Drop me a note** to tell me what YOU notice when you acknowledge your tolerations. I look forward to hearing how it goes for you.

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**The 13 Principles of Happiness** provide powerful ideas to help you live a less-stressed life. Visit <http://www.theexecutivehappinesscoach.com/happiness/philosophies.cfm>, to download a 1-page PDF Poster. Post it at work or home and strive to practice one principle each day!

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**II. COMMERCE DIVISION: SEEKING A SPEAKER FOR YOUR CORPORATE EVENT?**

- Are you **tired of boring lectures** as a vehicle for valuable information?
- Do you need more than a "cotton-candy" motivational speaker...but still **want to energize your audience**
- Do you want to engage your corporate audience in a **new leadership conversation?**
- **Are you looking for something NEW for an upcoming employee holiday event?**

**I consistently earn some of the highest ratings among all speakers** at conferences, corporate events, and professional association meetings – because I mix value with fun!

Since 1999, I have **delivered hundreds of talks to business audiences on three continents**, many times to Standing Room Only crowds! My programs on **Leadership, Trust, Coaching, and Happiness** are filled with stories and activities that leave participants thinking and behaving in new ways.

As you plan your year-end events, visit the [Services page](#) on my website to review our offerings. **If you are a reader of this newsletter and mention you sourced me from this article, I'll knock 10% off my usual fee as a Thank You.**

**Most importantly, engage The Executive Happiness Coach® for your next employee event or leadership retreat and your TEAM will thank you!**

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**III. IN THE WORKPLACE: THE DIRTIEST 4-LETTER WORDS**

**Here are four words that you should not tolerate in the workplace:**

**FAKE** – this is toxic for a leader. If you do not show up in an Authentic way, people will sense it. Be genuine.

**FEAR** – when we are uncomfortable, we tend to withdraw. Leaders must step into the DIScomfort of difficult conversations, doing what is right in the face of their fear.



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**FINE** – is the enemy of great. When someone tells you they are “fine,” sit down and find out what’s wrong, or what you can do to help them move forward. If the project status is “fine,” seek what will make it fabulous or excellent!

**FAIL** – if you cannot tolerate failure, you stifle learning. Give permission -- to self and others -- to fail forward.

**Remember, Leadership is not about a title:** Anyone can be a leader who refuses to accept from their teammates anything less than their best -- and who allows people to fail as part of the learning process!

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## IV. ABOUT THE COACH

Hi, I’m Jim Smith, PCC, The Executive Happiness Coach®. I work with smart, successful people like you, who secretly struggle with overwhelm and fear that you won’t have what it takes to succeed at the next level. I help you expand awareness of your strengths and limits, explore new paths to effectiveness, then support you **as you build powerful new behaviors that transform how you “show up” in your life and work.** You will achieve more clarity, build broader leadership skills, and expand your capacity to LEAD your life on a MUCH bigger stage!

I have helped thousands of leaders and business owners just like you to increase effectiveness at work AND live a happier, more balanced life. I invite you to contact me for a free Leadership Strategy Session to learn how you can create **a less-stress leadership presence.**

Reach me directly: [Jim@TheExecutiveHappinessCoach.com](mailto:Jim@TheExecutiveHappinessCoach.com) or +1-440-885-3247

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### All things Happiness Coach:

Blog: [www.LifeWithHappiness.com](http://www.LifeWithHappiness.com). Ask me a question on [LinkedIn](#), [Friend me on Facebook](#), or [Follow me on Twitter](#).

View past editions <http://www.TheExecutiveHappinessCoach.com/newsletter/archives.cfm>

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**Happiness is a decision, not an event.**

**How will YOU decide today?**

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