

# — Tolerations



You can tell a lot about a person by observing what they are willing to tolerate.

What have you normalized?

What you have normalized in your life is directly related to your standards.

Standards are what you will and will not put up with in life.

So:

1. What are you currently tolerating?
2. What are you willing to continue to go on tolerating?
3. What are you no longer willing to tolerate?

Unwanted tolerations are eliminated by raising your standards.

Complaining won't matter.

Raising your standards will matter.

— **Dusan Djukich**

A handwritten signature in yellow ink that reads 'Dusan Djukich'.