How to Be More Patient

What 3 things do you find you most lack patience with?

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Why are you impatient with them? What about them make you impatient? Look for the root cause.

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What can you do to overcome or eliminate the root cause of the issue?

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How can you practice more patience with these things until you can eliminate the problem?

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In what other areas of your life do you need to practice being more patient?

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How can you do this? For example, slow down while you eat. Get up a little early each morning to relax and clear your mind, take slow deep breaths, consciously practice being more patient, etc.

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When feeling impatient, what can you do to help you remember to calm your mind and body?

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Looking at your weekly schedule, what 3 things can you remove from it that really aren’t that important? This can free up time that you can use to focus on important things and yourself.

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**When your patience is being challenged, follow these 4 steps.**

1. Stop what you’re doing.
2. Breathe deep at least 5 times focusing on letting go of the tension.
3. Refocus on the moment, not the issue. Notice your thoughts, feelings and how your body is responding.
4. Once you’re calm, decide if the issue is worth being upset about. Does it really matter in the big scheme of things? Will it matter a week, month or year from now? If not, let it go.