

# BUILDING PATIENCE

*Which of these are your biggest patience testers?*

- |   |  |
|---|--|
| <input type="checkbox"/> <i>Charged emotion</i>                         | <input type="checkbox"/> <i>Feeling of lack</i>          |
| <input type="checkbox"/> <i>Pain /discomfort (something is “wrong”)</i> | <input type="checkbox"/> <i>Unfulfilled expectations</i> |
| <input type="checkbox"/> <i>Uncertainty</i>                             | <input type="checkbox"/> <i>Internal stressors</i>       |

*QUIZ - SCALE OF 1-5 (1 - strongly disagree / 5 - strongly agree)*

- I listen carefully and attentively to my co-workers.
- I wait until I have all of the information I need to get started on a project.
- I am okay with not having all of the answers at once.
- My body feels relaxed when I’m under pressure at work.
- Slowing down is easy for me to do.
- I know how impatience feels and I am able to regulate it.
- I practice self-care daily.
- I know when I need to take a break and I honor that need.
- I am able to easily see things from the perspective of others.

*What is one situation currently testing your patience?*

*Write about a time you displayed baseline patience*

*Write about a time you displayed practiced patience*

# BUILDING PATIENCE

*Which factors affect your patience most?*

*What actions do you often take when your patience is triggered?*

*Which response do you usually have when you are triggered?*

- Fight*
- Flight*
- Freeze*

*How can you minimize acting in ways that don't serve you when your patience is triggered?*

# BUILDING PATIENCE

*Which of the 3 ways to build patience will you focus on?*

*Calming the Body*

*Exploring the Fear*

*Anchoring Focus*

*What are three action items you can take to grow within the selected area above?*

*Notes:*