Patience, Patience!
How to Get It ~ How to Keep It!
A 90-minute Webinar

"Patience is the companion of wisdom." ~ Saint Augustine

1) Patience seems to be a lost art. Why does it matter?

   a) It's difficult to reach_____without patience.

   b) Impatience leads to _____.

   c) Patience reduces_____.

   d) You'll make better_____.

   e) Patience helps you develop_____,

      _____, and _____.

   f) You'll experience personal_____.

   g) Patience lessens the chance of damaged_____.

   h) Patience can help you avoid_____in your career.

   i) Patience helps you deal with _____.

2) Know your own _____.

   a) _____do you get the most impatient?

   b) With_____?

   c) _____?

3) What are our challenges in today's society?

   _____

   _____

4) How can **_you_** tell when you are becoming impatient?

   ☐ shallow breathing   ☐ anxiety/nervousness

   ☐ muscle tension   ☐ rushing

   ☐ hand clenching   ☐ snap decisions

   ☐ jiggling feet   ☐ _____

   ☐ irritability/anger   ☐ _____

A to Z tips to improve your level of patience…which will You use?

a) Remember past experiences of being_____.

b) Have _____expectations of yourself *and* others.

c) When you're feeling impatient, _____top to bottom.

d) Recognize that _____are temporary and impatience often makes them worse.

e) _____your reaction.

f) Don't be a _____.

g) Be a _____.

h) Practice_____.

i) Develop_____.

j) Don't carry_____,_____, or grudges.

k) _____before you_____.

l) Take_____under stress.

m) _____for a whole day.

n) Intentionally_____.

o) Practice delaying_____.

p) _____.

q) Make a habit of doing something_____while waiting.

r) Be kind to yourself when you don't quite reach_____.

s) Understand that anger, blaming, shaming, irritation, and outrage are_____, _____, *and* _____.

t) Watch your _____:

    ☐ "He never…"

    ☐ "She always…"

    ☐ "Why can't she…"

    ☐ "Don't they…"

    ☐ "Can you believe…"

    ☐ "Doesn't she ever…"

    ☐ "Why didn't he…"

    ☐ "Are you kidding me??????"

    ☐ _____

    ☐ _____

u) Instead, create new self-talk:

"This is merely _____,

not intolerable or unbearable."

v) Pay attention when your impatience_____and deal with it quickly.

w) Develop a _____that requires patience.

- ☐ painting
- ☐ sculpting
- ☐ writing
- ☐ gardening
- ☐ calligraphy
- ☐ cooking
- ☐ reading a different genre

- ☐ knitting
- ☐ crocheting
- ☐ making fishing lures
- ☐ making jewelry
- ☐ scrapbooking
- ☐ _____
- ☐ _____

x) Recognize when impatience is triggered by something _____

and manage the trigger:

- ☐ hunger
- ☐ pain

- ☐ fatigue
- ☐ dehydration

y) Recognize when the situation or circumstances are beyond your _____.

z) Remember that impatience doesn't change anything except your _____!

"Patience is something you admire in the driver behind you and scorn in the one ahead."

~ Mac McCleary

What triggers your impatience?_____

_____

_____

What can you do differently to overcome your impatience?_____

_____

_____

Why should you bother??_____

_____

_____

_____