

# What's Bugging You?



We've learned how to put up with a lot! We put up with, accept, and are dragged down by other people's behavior, our own habits, events and situations, things missing in our lives, people hurting us emotionally, verbally or physically, ... the list is endless.

You're probably putting up with lots more than you think. It's the little stuff and the big stuff. No matter what, when you put up with something, it robs you of your energy, drains, and distracts you. Even the little things that only drain you a little bit hurt.

So, what's bugging you? Take a couple of minutes to write down the stuff you sense you're putting up with. Everything goes on the list – nothing's too big or too small. As you think of more items, add them to your list.

	Thing	Event	People		What's Bugging You?	D <sup>3</sup> Strategy	Resolved
			Others	Self			
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	Thing	Event	People		What's Bugging You?	D <sup>3</sup> Strategy	Resolved
			Others	Self			
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Use D<sup>3</sup> to eliminate all the things that bug you and drain your energy. Regain control of your time for greater productivity, profitability, and peace.

What's next? Often, just becoming aware of these will bring them to the front of your consciousness and you'll naturally start handling, eliminating, fixing, and resolving the things that bug you. Don't stress over any of it - Make it a game, have fun and, when you need help, ASK!

Join our Bug Free Zone 30-Day Accelerator and get rid of those bugs faster with the help of the experts!

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