

Complaining Free Environment

“Complain. Complain. Complain. This is the battle cry of people who believe they are victims to life. They complain about the government; they complain about their jobs, they complain about taxes, and they complain about their spouses. There are no subjects that are immune to complains. If you are being a person who follows this path, choose to let go of your complaining. Anytime you are complaining, you are focusing on “what is”, and you are failing to see the “good” in the situation. **Even worst, you are using your energy to focus on things that you do not desire to experience, and you are not experiencing the peace and joy that comes with not complaining.** When you make a decision to let go of complaining and stay committed to it, you will see noticeable improvements in your relationships, your career, your ability to take action on your goals and dreams, and just about every area of your life. You will no longer see life the same way because you would have removed a source of negativity from your words and from your mind. “Reginald Cuffee, Ph.D

And, if you remove the source of negativity from your MIND, you will automatically start to begin to see SUCCESSES at every corner! Creating a better reality is done by focusing on your happiness, your abundance (what you ALREADY have in your life)!

Key Concepts:

We are humans and we all have times of complaining. I found it very comforting that even Louise Hay ~ the epitome of “Life is Good Mind set” even says she can only be complaint free about 85% of the time in her own mind!

Now, let’s be honest. If you don’t let out your emotions, concerns and frustrations, this is not good either. You don’t want to ignore situations in your life that are challenging and ‘pretend’ everything is honky dory. It IS about creating a strategy for yourself when these things arise.

Strategies to Complaining:

- 1) YELL...Get it out...and go “ARGHHHHH” literally say it. Then, say, “Okay, Laura, what can we do to make the best of this situation.
Ex: you find yourself in a traffic jam because of an accident up ahead. You can sit there and complain about how people are driving and the time you are ‘wasting’ OR you can find a way to make the most of your time. Relax by putting on some music. Sing at the top of your lungs ☺ and be grateful that you are not the one in the accident.
- 2) Use the “I have a QUANDRY” and give yourself 90 seconds to get it out. I like using this one when someone says something or does something that to me makes no sense whatsoever. It’s because I’m looking at it from MY belief system, from MY perspective and from MY point of view which doesn’t necessarily make it RIGHT but it does confuse the heck out of me sometimes. I give myself 90 seconds to make peace with it and begin a discussion. By prefacing this with quandary, it shows the other person that you are ‘willing’ to give it some thought from THEIR point of view but also allows me to get out my consternation over the challenge.
- 3) SOLUTION Factor: by using the AND/OR SOLUTION factor to your concern or challenge, it allows you to express your concern and offer up additional options. This diffuses the emotion of the challenge and lets you begin a back-forth dialogue of compromise.
Ex: July 4th week in our house is filled with in-law bdays on one side and potential vacation time for us with friends in a nearby resort area. So, I often begin the discussion of what we are going to do by

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saying “Boy, we are going to have a challenge with your family’s bday celebrations and fourth of July vacation this year AND I think I have a few options that we can talk about to find the best solution.”

IF YOU FAULTER

That’s OKAY! Be kind to yourself Take a deep breath, Laugh at yourself, review your contract and start again!

YOUR COMPLAINING FREE ENVIRONMENT CONTRACT

Is attached. USE IT. By printing it out and signing it, you are committing to yourself the concept of lifting up your life to success!

WHY A WITNESS?

On the contract you will see a place for a witness to sign the contract with you. Why? Because, accountability in and to any program is one key ingredient necessary for success. (You will see more on this later) And, this allows someone ELSE to help keep you accountable for this step to success change you are embarking upon.

WORKING w/ NEGATIVITY we all have to because we all relate to other humans who are not willing to do what you are: create strategies of success for yourself!

You can post your complaining free environment contract for all to see. Your cubicle. Your office. Your business. Your home. Then, when individuals want to bring you into the negativity of complaining, you can point at it and blame the program ~ Even blame me saying “Gosh, this woman (she might be crazy) asked me to try this and well, I’m going to because I signed it and my word is my word ~ do you want to try it with me?”

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Complaining Free Environment CONTRACT



For the next 6 weeks, starting on _____ and
ending on _____, I,

_____ hereby intend and
commit to giving up the following:
Complaining, criticizing, gossiping and whining.

If I falter on this, I will remind myself of this contract,
forgive myself and QUICKLY remember to move away
from this negative energy. I will remember the power of
the expression "Where Intention Goes, Energy Flows"

By committing to this, I give power to my clarity and am
able to take steps toward my success.

Signature: _____

Date: _____

Witness: _____

Date: _____

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