



5 THINGS TO DO INSTEAD OF COMPLAIN

1. Practice Gratitude. Research shows that when we count three blessings a day, we get a measurable boost in happiness that uplifts and energizes us. It's also physiologically impossible to be stressed and thankful at the same time. Two thoughts cannot occupy our mind at the same time. If you are focusing on gratitude, you can't be negative.

2. Praise Others. Instead of complaining about what others are doing wrong, start focusing on what they are doing right. Praise them and watch as they create more success as a result. Of course, point out their mistakes so they can learn and grow, but make sure you give three times as much praise as criticism.

3. Focus on Success. Start a success journal. Each night before you go to bed, write down the one great thing about your day. The one great conversation, accomplishment, or win that you are most proud of. Focus on your success, and you'll look forward to creating more success tomorrow.

4. Let Go. Focus on the things that you have the power to change, and let go of the things that are beyond your control. You'll be amazed that when you stop trying to control everything, it all somehow works out.

5. Relaxation. When you are faced with the urge to complain or you are feeling stressed to the max...stop, be still, chill, close your eyes, go to YOUR happy place, then deep, slow breaths, one at a time, hold for 3 seconds and repeat 4 times. How do you feel now?

BE “+” & KIND 😊

