

# 30 DAY NO COMPLAINING!

**‘A negative mind will never give you a positive life’**

Great that you join to do the **30-day-no-complaining-challenge**. On this worksheet you can keep track of your progress. Mark every successful day and pat yourself on the back! Have fun!

## 6 practical tips:

1. Look at things from a distance. Is it really that bad?
2. Complaining doesn't work, so why do you do it? What is the real reason?
3. What could you do to change what you are complaining about?
4. Tell someone something funny. You cannot complain and laugh at the same time
5. If you start to complain, think about something you are grateful for and tell that
6. Get a nice cup of coffee for your colleague and smile!



# KEEP TRACK OF YOUR PROGRESS

	Yes, I did it! Week 1 .... / ....	Yes, I did it! Week 2 .... / ....	Yes, I did it! Week 3 .... / ....	Yes, I did it! Week 4 .... / ....	Yes, I did it! Week 5 .... / ....
monday					
tuesday					
wednesday					30 days, congrats!
thursday					
friday					
saturday					
sunday					