

How to **Stop Complaining & Start Living**

**The Best Way to Instantly Improve
Your Life, Your Career, Your Relationships &
Ability to Succeed**

by Sibyl Chavis

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***"So often time it happens, we all live our
life in chains, and we never even know we
have the key."***

– The Eagles

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Introduction:

You have just begun a journey that will literally change your life.

You will no longer see the world the same way. Your mindset and how you feel overall is going to dramatically improve and positively impact the things around you. You are going to see noticeable improvements in your career or business, your relationships, your ability to accomplish goals, and just about everything else you do.

Is this a bit of an overstatement? Absolutely not.

This will absolutely be one of the most important and rewarding journeys of your life. Whether you realize it or not, you picked this book up for a reason and there is something in you that is pushing you in the right direction and telling you this is the way to go.

Your interest in becoming complaint free and removing a lot of the negativity from your life is the result of a flame in you that has been ignited. This flame will light up all aspects of your life, including your passion, motivation and commitment to keep moving forward with everything you want for your life.

Even though everyone has the ability to tap into this same driving force, there are many people that simply do not take advantage of this opportunity. Does this make you special? Well, we always have to be careful of feeding our ego too much, but in some ways you really are special because there is something in you that is clicked “on”. That’s not to say that everyone doesn’t have the

You are going to see noticeable improvements in your career or business, your relationships, your ability to accomplish goals, and just about everything else you do.

ability to also be clicked “on”. But there is definitely something special about you and the fact that you are motivated and ready at this moment in time to begin this journey.

I am sure this doesn’t come as much of a surprise to you.

There has always been something in the back of your mind continually reminding you of your potential and what you are really capable of. It doesn’t matter much what you have accomplished to this point, you have always felt deep down you are capable of accomplishing so much more.

It may not be something you have ever vocalized or shared with anyone else, but somewhere within you is that feeling that you really do have an amazing amount of potential. It doesn’t mean you aren’t happy and content with what you have done to this point, but rather that something in you just knows you can accomplish a lot more.

This book is the solution you have been looking for. It gives you the clarity and positivity you need to accomplish what you want. It also provides you with the roadmap for taking a huge step forward and opening yourself up to all those things that life offers for you to experience.

I promise you I am not overselling this.

I have personally experienced the positive benefits that stem from becoming complaint free. My job improved. My financial profile dramatically increased. My relationships improved. My story is one of a complete transformation of energy, negative to positive. You’ll soon see what it was like, day-by-day, to make the metamorphosis happen, and stick. I hope my story will inspire yours.

I know everything that has improved in my life is directly related to my becoming cured of complaining. This is something everyone can do. There are so many benefits to removing negativity from your words and from your mind. It freed me up to focus on creating those things I really wanted. It focused my attention and

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energy at the things they should be, freeing me of becoming annoyed by someone or complaining about how much I had to do.

I never would have imagined how becoming cured of complainitis would change my life. But this is really how you begin to live your best life and how you create the conditions for everything to fall into place. It is like having a ray of sunlight injected into your life - the less and less you complain, the brighter and brighter the light becomes.

You will look back on your life prior to becoming complaint free and wonder how on earth you could have ever gone through your days complaining.

This book will provide you with a glimpse into my thoughts and the road I followed step by step through the process of becoming complaint free. Part I provides you with background information on complaining and describes a challenge for you to participate in. Part II provides you with a detailed approach for how you can reduce your complaining and ultimately become complaint free.

The time has come for you to take a quantum leap forward in your life and really experience everything that life offers in the most amazing way.

I am more than happy to help and support you in any way I can. If you have questions or need any support, please feel free to contact me at sibylchavis@gmail.com.

I wish you all the best. Enjoy the ride.

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***"If you don't like something change it. If
you can't change it, change
your attitude.
Don't complain."***

– Maya Angelou

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PART ONE:

My Journey to Complaint Free Bliss Begins (slowly, very slowly, but surely)...

Friday, February 16, 2007

5 days before beginning complaint free experiment. At least 15 complaints (mostly about Andrea, co-worker that continually drives me crazy; and the Michigan weather).

Overall, a pretty decent day today. No major issues. Just the same old, same old.

Work of course continues to be somewhat painful because Andrea continues to be the raging, lunatic co-worker ... what's new. Today, she gets the bright idea to tell this company we are working with to just sue us if they don't like how we do business. Seriously, who does that? I'll tell you who ... Andrea.

Thank goodness the day turned around as soon as I got home. Robb and I hung out with Jordan and had a lot of fun in her playroom. She really does the cutest things and is always making us laugh.

It is literally freezing here today. Of course, what more can you expect ... it is Michigan. Despite the terrible weather (which really gets to me), we had a very nice and relaxing Friday. I love weekends.

Looks like we are going to be escaping the Michigan weather and heading South to Miami in about a month if we can get some decently priced tickets. That will be a nice little get away.

Monday, February 19, 2007

2 days before beginning complaint free experiment. 10 complaints (mostly about Andrea of course and some about the traffic).

The traffic on the way to work this morning was atrocious and the worse part about it was that it was literally for no reason.

We sat around at work today and compared Andrea war stories. I thought for sure I was going to be the winner, but believe it or not, Jason actually had a story that one-upped mine. What does that tell you about Andrea?

We are definitely going to Miami in April. I found a great deal on tickets. I am totally in need of a vacation from Andrea and from Michigan.

To be continued ...

Chapter 1:

The Unhappy World of Complaining Exposed

You may be asking yourself whether or not it is even possible that something as simple as becoming complaint free can actually open up your life to all of its amazing potential and provide you with so many benefits? How on earth is one thing even related to the other?

Well, I am here to prove with absolute certainty that there is a direct correlation between not complaining and living a great life where you just feel amazing, capable, happy, positive and position yourself to accomplish all your goals.

Why does it work? What is the connection?

Complaining is based in negativity. When you complain, the negative juices start flowing. Yes, complaining is a broad term. Griping, talking about what you don't like about other people, gossiping, venting, and just about anything else you can think of where you are expressing what you don't want or like is considered complaining. We will get into more of that later. For now, it is important to understand exactly what is considered complaining.

Anytime you do any of those things you are complaining, allowing the negativity to flow in your thoughts and words. Not only does this negativity weigh you down, it blocks out the good things that you could be focusing on experiencing due to a waste of energy.

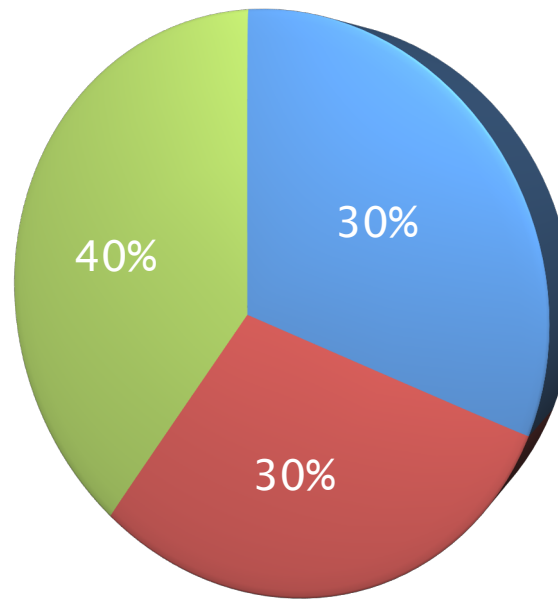
there is a direct correlation between not complaining and living a great life where you just feel amazing, capable, happy, positive and position yourself to accomplish all your goals.

What we focus on and direct our energy toward grows. For example, if you focus on being a great student, putting a lot of energy and time toward reading and studying your course materials, you will eventually blossom into a great student. You will learn a lot and get good grades. All your hard work will pay off because you focused and directed your energy toward becoming a great student.

This process works the same with respect to all aspects of our life. So it is important we direct our time, effort and energy to the right things. Let's compare two people and what they direct their energy toward as they go through their day.

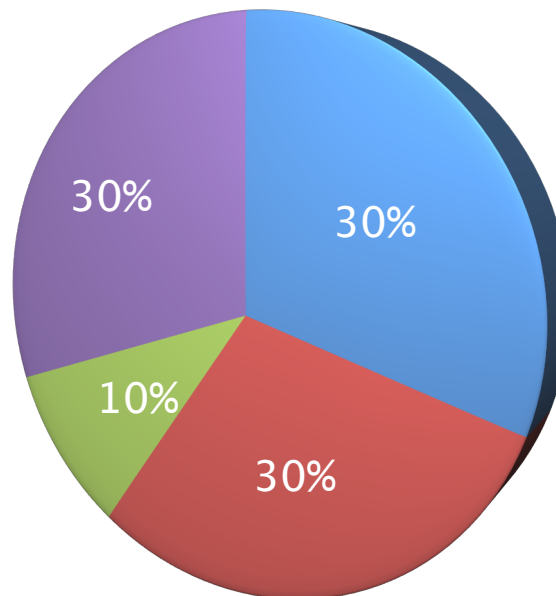
Person 1

● Work & Career ● Relationships/Friends & Family ● Goals & Other Desires



Person 2

● Work & Career ● Relationships/Friends & Family ● Goals & Other Desires ● Complaining



Both people are focusing and devoting the same amount of time to their work, careers and relationships with friends and family. The difference between the two people is that Person #1 is spending the other 40% of her time focusing on things that are important to her and worth achieving. Person #2 still has goals and things she wants to achieve, but because so much of her energy and focus is consumed with complaining, she only allocates 10% of her focus on creating what she wants in her life.

Can you imagine the different experience these two people have as they move through their day?

Can you imagine the different experience these two people have as they move through their day? Person #1 has a much more positive experience than Person #2 by avoiding complaining. She is able to move through her day with the best frame of mind because she's free of negativity. She feels great and is happy, pleasant, and 100 times more likely to accomplish her goals than Person #2.

Person #2 still has goals and things she wants to achieve. But she is preoccupied for a significant amount of the day and focused on whatever it is she is complaining about. She goes to work and commiserates with her colleagues about how terrible their boss is and how it makes no sense that the company continues to keep their boss in his position.

While she is driving home, she talks on the phone and complains to her friend about her terrible day and the traffic. When she finally arrives at home her husband asks her about her day and she chooses to complain to him about all the things that went wrong and drove her crazy during the day. Needless to say, she is not filled with positive energy.

As a result, she will have a lot less positive energy to tap into when it comes to accomplishing her goals or doing anything else. She will spend the majority of her evening after work just trying to wind down and release some of the negativity she has accumulated throughout the day. Tomorrow comes and it starts all over again.

Ironically, Person #2 doesn't even realize how much of her day and thoughts are consumed with negativity. She thinks she is normally going through her day, working hard and just making observations about the things that irritate her. However, as you can see from the chart above, she is focusing a significant amount of her attention on the wrong things, making it challenging to focus on anything positive and constructive.

We have 60,000 thoughts a day on average. Person #2 is wasting 30% of them focusing on negativity and many things outside of her control. Person #1 has much more time to focus on what she wants. She is not wasting 30% of her thoughts on negativity. You see how this all works now?

Less time spent complaining =

- ★ **Feeling better**
- ★ **Positive frame of mind**
- ★ **More time to focus on what you want to achieve and accomplish**

More time spent complaining =

- ★ **Feeling annoyed and frustrated**
- ★ **Consumed with negativity**
- ★ **Less time to focus on what you want to achieve and accomplish**

Which person would you rather be? Of course Person #1, right? The problem, however, is that we don't often realize what we're signing up for each and every time we complain. Complaining actually sabotages the good things we are trying to do and really works against us. It is like a positivity blocker.

The Buildup to the Explosion ... When You Just Can't Take It Anymore

Tuesday, February 20, 2007

1 day before beginning complaint free experiment. Too many complaints to count (totally understandable though considering Andrea lost her mind today at work).

So, I know that this is becoming the Andrea venting journal, but I really have no choice today.

A total nightmare day at work.

Remember how I said that Andrea is a raging lunatic? Well that was a massive understatement. I genuinely believe she is certifiably crazy and needs some good professional help. I really can't take her anymore. She is totally driving me crazy and she has no ability to be rational.

Today, she decides to blame me for not completing HER project on time.

Are you even serious? How on earth is it my fault that she doesn't have the brains to put together a simple document outlining information we all have had for weeks. She claims that I never gave it to her. I really can't believe it.

I was so mad that I could actually see red.

When I got home, I literally vented to Robb about it for a solid two hours. He totally understands and agrees that what she does is totally passive aggressive. I really need to stop focusing on this because I am getting more and more upset. I really feel as if I have hit my breaking point.

I think it's time to start looking around for another job. I know I have said this countless times before, but I really mean it this time. I just can't work with her anymore and it's getting to the point where it literally is impacting my mood even when I am not in the office.

I am so wound up right now that I know I am not going to be able to fall asleep anytime soon and when I wake up, I am still going to be annoyed.

Enough about Andrea, she takes up way too much space in this journal anyway.

To be continued...

Complaining Is In Our DNA: "I Complain Therefore I Am"

Often times we don't even realize how ingrained complaining is because it has been what we have done since the time we were young. We are taught at a young age that we should express our discomfort with any given situation.

Well, let's just say a lot of people have followed those directions to the extreme.

We saw our parents complaining (and just about everyone else around us) while we were growing up. So we jumped right in and joined them.

Think about all the time you spent as a child complaining. There were always those times we were upset with a sibling, friend, teacher, parents, or someone else. If we were like the typical adolescent, we shared our frustrations with anyone who would listen, venting about one thing or another consistently.

Because it is so easy to unconsciously complain, most people don't even realize they are doing it. It seems to be a natural part of the conversation. They think of it as more of an observation of the situation or a person or a problem.

In a weird way, a part of us may even enjoy complaining. It can be difficult to notice what is wrong with a situation or person and not say anything. When we complain it's like we are scratching something that has been itching us for a while, thus granting ourselves some relief.

Additionally, for some reason, it can also feel more natural to talk about what is wrong instead of what is right. Think about it, if someone got on the elevator whistling and talking about how beautiful the day was

you would think it was a little different. On the other hand, when people get on the elevator and say, “Can you believe how terrible that weather is?” Or “The traffic today was absolutely terrible.” you wouldn’t even think twice about it and you definitely wouldn’t think it was odd that they would say such a thing.

Such circumstances are common because complaining is accepted and often expected as a natural part of the conversation. Complaining is also one of the most popular conversation starters:

- ★ **Can you believe he did that?**
- ★ **Could it get any colder outside?**
- ★ **I am so not in the mood to be at work today.**
- ★ **I didn’t sleep well at all last night.**
- ★ **My head hurts.**

The list goes on and on ...

It’s All About the Benefits: Why You Want to Become Complaint Free

It is easy to overlook the benefits that stem from being complaint free in our mechanical rush to complain. However, although uncommonly acknowledged, these benefits are very real and tremendously important. Modern research proves as much. They include:

- ★ **Reduction of stress**
- ★ **Healthier**
- ★ **Improved relationships with family, friends and everyone else around you**

- ★ Increased happiness
- ★ Less moody
- ★ You feel better about yourself
- ★ You feel better about your loved ones, your co-workers, your job and just your life in general
- ★ Less burdened
- ★ Less negativity
- ★ Increased optimism
- ★ More relaxed
- ★ Good communication skills
- ★ Less argumentative
- ★ More enjoyment out of life
- ★ More successful
- ★ Increased productivity
- ★ Positive attitude

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***"Instead of complaining that the rosebush
is full of thorns, be happy that the thorn
bush has roses."***

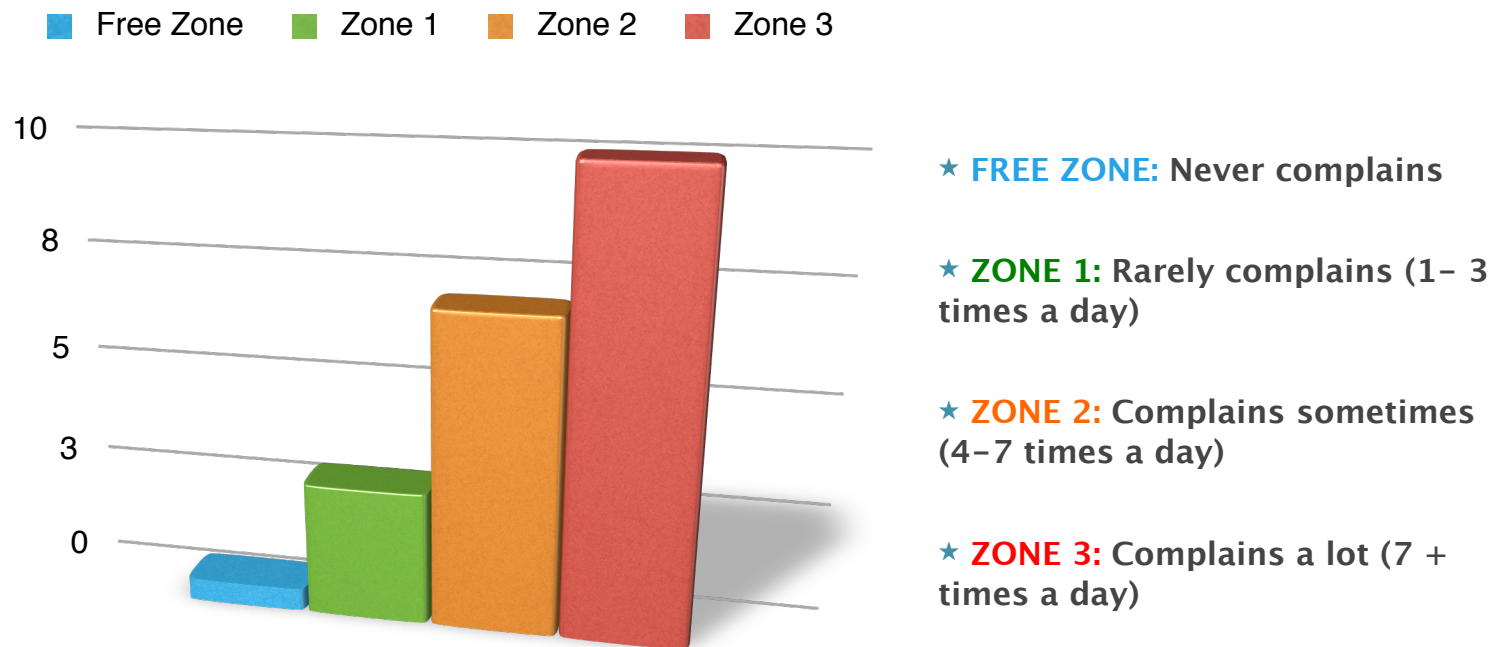
— Proverb

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Chapter 2:

Complaining 101: An Introduction to Inner Gremlins

Now that you are sold on all the benefits and understand why you want to become cured of complaining, it is time for a little challenge. Are you a complainer? Take a look at the Complaint Zones below and determine which one you fall into.



We complain way more than we think and it is not until we start paying attention to our complaining and understand what really counts as complaining that we can realize just how much we complain.

Believe it or not, if you are like the majority of people, you probably can add at least three or more complaints to your calculation and that would be more of an accurate estimate of how much you actually complain each day and what zone you are in.

We complain way more than we think and it is not until we start paying attention to our complaining and understand what really counts as complaining that we can realize just how much we complain. No one really thinks they are a consistent complainer, but the reality is that we often complain without realizing we're doing it.

What Exactly Is Considered Complaining?

When we talk about becoming complaint free, what exactly do we mean? What is complaining really?

We are not talking about constructively expressing your opinion without emotion or frustration in an effort to resolve a situation. That can actually be a good thing. And I'm definitely not recommending that you bottle up your emotions and not express yourself. There are going to be those situations that you need to deal with and where it is important to let your thoughts be known.

Complaining is what we do when we focus on what we don't like or what bothers us about a situation or a person. What specifically counts as complaining?

- ★ **Expressing what you don't like about yourself, your family, your friends, your job, your boss, your company, your day, the weather, the traffic, your finances, or just about anything else that comes to mind**

- ★ **Venting**
- ★ **Talking about why something is someone's fault**
- ★ **Talking about someone's idiosyncrasies or what is wrong with the other person (gossiping)**
- ★ **Passing judgment and expressing your disapproval**
- ★ **Repeatedly talking about something or someone you dislike**

What counts as constructively expressing your opinion and thereby is not considered complaining? Well, a main factor is the emotion you have about the situation and your motive for expressing your opinion. Here are some examples of what I would call constructively expressing your opinion:

- ★ **Speaking directly to the person you have the issue with calmly and expressing your concern so you can work together on a solution**
- ★ **Voicing your concern without any negative emotions or feelings behind them in order to solve the problem and make the other person aware**
- ★ **Explaining your situation and concerns in order to ask for help**

As you can see, there is a big difference between complaining and constructively expressing your opinion. We have to make certain that we understand the difference so we don't overlook something that really is a complaint and should be corrected.

A Refreshing, Rejuvenating Cleanse: 30 Day Complaint Free Challenge

So, what's the challenge?

The challenge is for you to commit to reducing your complaining over the next 30 days until you ultimately reach the goal of being cleansed of all your complaining.

During the challenge you have to be very aware of all the times you are complaining. Take notice of them and count them. After you become aware of them, the goal then is to control your complaining and learn how to express yourself in a more positive way.

We really do have to reprogram our mind. We have to learn to not allow ourselves to complain and focus on the things we dislike, but rather to think differently and focus on constructive and positive thoughts.

A large part of this challenge is catching and correcting yourself right before you complain. This means that you don't allow any complaints that may register in your mind to actually come out of your mouth.

In the beginning, you may not be able to catch yourself until after you have complained, but there is no reason to beat yourself up for that. If you do accidentally complain, know it is all a part of the process and that as you continue day after day, you will get better and better at avoiding complaining.

When you began the challenge, you were most likely unaware of how many times you actually complained as you moved through the day. So, the fact that you are now taking notice of your complaints and becoming

We have to learn to not allow ourselves complain and focus on the things we dislike, but rather to think differently and focus on constructive and positive thoughts.

more conscious about what you are saying is progress. Don't expect to be immediately cured. This is a habit you developed over your lifetime and so it is going to take some time to correct it and reprogram your mind. However, you do have to count how many times you complain as you go through your day. It is important to understand and be aware of the progress you are making each day and the Complaint Zone (more about that later) you are falling into. You can [Click Here](#) to find the [Complaint Cleansing 30 Day Calendar](#) on my website (www.possibilityoftoday.com). You should use that calendar to record your progress and the Complaint Zone you fall into at the end of everyday.

Another tool you should use during this challenge is the [Complaint Free Totem](#), which is also available at the Possibility of Today. When you catch yourself complaining or even about to complain, you should take a look at the [Complaint Free Totem](#) so you can remind yourself of the challenge and keep what you need to do top of mind.

It is important when we are making any type of change that we have something physical that triggers our attention, reminding us of what we should be focusing on. That is what the [Complaint Free Totem](#) does. It will really help you become more aware of what you are saying and take notice your complaints.

Download the free [Complaint Free Totem \(click here\)](#) and put it on your desktop, laptop or cellphone. You can even print it out and put it in your pocket or purse so you always have it with you as you move through your day. You should also glance at the Complaint Free Totem from time to time each day of the challenge in order to keep all the positive momentum going and receive some positive reinforcement.

Make sure you aren't overlooking some of your complaints or convincing yourself they don't count because they are justified. If you are saying something about someone because you are frustrated or annoyed at what they have done, that counts as complaining no matter how calmly or constructively you say it. If you

are telling someone what you dislike about a situation or explaining why you are upset that something didn't go differently, you are also complaining.

If you are confused and can't really determine whether or not something should actually count as a complaint, it probably should. Don't allow yourself to be fooled.

You Gotta Commit to Quit

The most important thing you will need to do in order to successfully complete this challenge is to commit to it 100%. Realize that you want to become complaint free so that you can have all of the benefits that stem from becoming complaint free play out in your own life. Who doesn't want to reduce their stress level, be healthier, increase their happiness, increase their productivity, and have more success in the professional lives?

When you're ready, please visit the Possibility of Today [Go Complaint Free Page](#) and complete the [Complaint Free Pledge](#) confirming your commitment. I promise you that the challenge will be one of the best things you do.

The greatest thing is that you will not have to wait until the end of the challenge to see the benefits of reducing your complaining. As soon as you begin the process and start reducing the number of times you complain each day, you will immediately notice the benefits that begin to appear and how much better you feel.

You will also notice that as you say fewer and fewer complaints, your mind will produce less of them naturally. This really frees up a lot of space in your mind that was consumed with negativity. Many of those thoughts that used to just weigh on your mind and cause you to feel irritated about someone or something will just fall to the wayside.

The most important thing you will need to do in order to successfully complete this challenge is to commit to it 100%.

It's impossible to describe how magnificent you'll feel. You have to experience it yourself.

Successfully completing this challenge is not going to be a cakewalk. You may find there are certain people that have a tendency to trigger your complaining because they complain so much. These are the people that love to complain. I am sure you have come across these people at some point. They are always unhappy or complaining about something.

If at all possible, avoid these people during the beginning of the challenge until you strengthen your ability to not complain and not be sucked into their complaining sessions. Once you become an expert at not complaining, you can then go back to being around them, if you so choose.

I also recommend telling as many people as you can that you are doing this challenge. This provides an instant accountability network because other people will be listening to what you say and seeing if you are remaining faithful.

Additionally, find someone or a group to share this 30 day complaint cleansing challenge with. It always helps to have people who are as dedicated and interested in making a change alongside you for the ride. You can offer each other immediate support and encouragement because you're sharing the experience together.

Visit the Possibility of Today [Facebook Page](#) to find other people that are taking the 30 Day Complaint Cleansing Challenge. This is a page where you can share your thoughts, concerns, things that are going really well and things that are just not going as smoothly as you like. Also, you should tell us on the [Facebook Page](#) how many days you are into the challenge and let us know any accomplishments or milestones you hit. You will also find additional information and great articles on reducing complaining on the page. Don't hesitate. Visit the Facebook Page right now to get started!

Let the Challenge Begin ... I'm ready (or so I thought)

Wednesday, February 21, 2007

The complaint free experiment begins. 15 complaints (mostly because I didn't decide to go complaint free until after the work day and of course I had already complained throughout the day).

So, on the way home from work I was speaking to Antionette and she says that for lent she is going to stop being negative.

Hmmmm. That sounds pretty interesting to me so I decided I am no longer giving up wine and beer like I originally planned. Instead, for the next 40 days (39 now because I started this evening), I am not going to say anything negative and be totally cured of the complaining syndrome.

We will see how it goes. I think it will be pretty easy. It will definitely be easier than giving up wine and beer for 40 days ... LOL

Robb is on board too so it will be a nice little fun experiment for both of us.

To be continued...

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***"It's not what happens to you, it's what you
do with what happens to you."***

– Aldous Huxley

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PART TWO:

Chapter 3:

How to Stop Complaining Dead in its Tracks – The Two Stages

Like any other bad habit, complaining can be broken. There is a two-stage process that you will need to undertake to rid yourself completely of all complaining. Yes, that's right ... only two stages.

Well, that sounds easy enough right? In some ways it is, but it will take continual effort and dedication to each stage of the process. The idea is to make consistent progress day after day until you find yourself at the end of Stage Two, completely cured of complaining.

During Stage One, your focus will be on reprogramming yourself and making certain you are consciously controlling what you say. A large part of Stage One focuses on avoiding the common pitfalls that lead to complaining. The goal of Stage One is to significantly reduce the number of times you complain each day. In the beginning, you may be complaining more than 10 times a day. But by the end of Stage One, you should have been able to significantly reduce or completely eliminate your complaining.

As was mentioned earlier, there are four different Complaint Zones. Ideally, by the end of Stage One, you should be in the Complaint-Free Zone. However, the most important thing is to make continual progress day after day and significantly reduce the number of times you complain.

During Stage Two, your goal is to take things a step further. In addition to not verbalizing your complaints, you'll now focus on

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reducing and eliminating the number of complaints that run through your mind. The main focus of Stage Two is to transform the types of thoughts that run through your mind from thoughts of judgment, annoyance, irritation, anger, etc. to constructive and positive thoughts. The goal of Stage Two is to reach the point where there is very little negativity that runs through your mind from day to day. This is when things get really, really good!

Your mind is free of a significant amount of negativity that only weighs you down. You start seeing everything and everyone around you differently. You feel less annoyed, and it really takes a lot for you to lose your peace of mind. You realize there is nothing more important than your positive mindset. You prioritize it over anything and everything else (even complaining about those people and situations you would have normally complained about in the past).

After you have successfully completed Stage Two is when you will notice the greatest benefits in your everyday experiences. There will be things that will automatically shift and improve. Some of the things will be directly related to being cured of complaining. You will easily be able to see the connections between being complaint free and the great things that have come your way. Other benefits may not be as obviously related to being cleansed of complaining. But rest assured that their appearance in your life is definitely the result of your becoming complaint free.

Stage One:

It's GO time!

Remember, the goal of Stage One is to control verbalizing your complaints. It may be the case that you still have complaint thoughts that run through your mind. But what is most important is that you don't allow yourself to actually verbalize those complaints.

It will be up to you to determine when you think you have your verbal complaining under enough control to move on to Stage Two. It is important though that you don't move on before you are ready. Take your time with Stage One and really learn how to consciously control your complaining. Stage Two will be easier for you to complete if you have really developed the non-complaining skills that you need during Stage One.

There are six tips described below you should focus on to help you successfully make it through Stage One. Also, there is additional information on how you can integrate the new practices into your day. This will definitely be a case where practice makes perfect. It is important you are patient with yourself and give yourself time to integrate these new practices into your life.

You will have days that you do amazingly well. But you also may have those days where you slip up a little and revert to an old pattern. That is okay and part of the process. The most important thing is to not get discouraged and to remain persistent. In time, you will be able to integrate all of these new practices into your day.

The most important thing is to not get discouraged and to remain persistent. In time, you will be able to integrate all of these new practices into your day.

As you move through Stage One, visit the [Possibility of Today Facebook page](#), ask questions and let us know how it is going. You can also e-mail me at sibylchavis@gmail.com with any questions or updates. I love hearing how people are doing with the challenge, so please don't hesitate to contact me.

Was Blind But Now I See ... (Now, that's what I am talking about)

Thursday, February 22, 2007

Day #2 of the complaint free experiment. 10-20 complaints (never realized just how much I actually complain).

Wow, so I am wayyyy over my no complaining goal for the day.

I never realized how much I complain and how much our day at work revolves around complaining. I really think my co-workers and I spend a good 30-40% of our day complaining.

I am also realizing that even after I leave work, the complaining continues. I drive home and vent to my friends about work and anything else that comes to mind. I also complain a lot to Robb. I used to think I was just getting things off my chest, but the reality is that I am just complaining.

This complaint free thing is proving to be a little more challenging than I had expected. I am going to really have to make a conscious effort to not complain tomorrow.

Not quite sure how I am going to not complain about Andrea. That one is going to be really tough.

Tip 1: Understand the Behind the Scenes of Your Complaining

In order to begin breaking the bad habit of complaining, you need to understand what specifically is triggering your complaining. It is important to understand the patterns because that is how you start to break them.

On the first day of the challenge, start monitoring yourself and taking a closer look at those times you either feel tempted to complain or that you actually do end up complaining. Are you usually doing something you dislike? Are you around a certain person? Are you tired and annoyed? Determine what your complaining triggers are.

Also, take notice of how your mind just automatically creates judgments and decides that something or someone is bad or is doing something unacceptable. If you are similar to most people, you will notice that your mind is continually assessing people and situations and judging them. It's as if you are hardwired to play judge and jury about anything you notice or experience, and your mind feels that it is its job to determine what is good and what is bad.

If you are similar to most people, you will notice that your mind is continually assessing people and situations and judging them.

Even though you are taking notice of the judgments and complaints that you are thinking, it is important to not beat yourself up or feel badly if you notice your mind is doing things it shouldn't. Your goal at this point is just to be aware of the negative thoughts so that you can choose to do something about it.

Practice makes perfect ... doesn't it?

Friday, February 23, 2007

Day #3 of the complaint free experiment. 10-20 complaints (crap! I am really not getting any better)

The Andrea saga continues at work and it is hard to not complain about it. I really blame her for my need to complain.

Everyone that has any contact with her has the same terrible experience. Clearly, there is something terribly wrong with her.

I am going to really have to make a conscious effort to not complain tomorrow.

Saturday, February 25, 2007

Day #4 of complaint free challenge. 0 complaints (Gotta love the weekends)

So, I finally did it. I went the entire day without complaining. I feel great. It is like a weight was lifted off me today and the positive energy is just flowing.

Speaking of positive things, Robb and I had an amazing glass of Cabernet with dinner today. I am totally tracking down the name so I can get a bottle for home. Thank goodness we changed our minds and didn't give up wine for lent. We would have never discovered this Cabernet ... LOL.

Tip 2: Mastering the Time Gap: What you think vs. What you actually say

It's not about what you think ... It's about what you actually say. Well, at least it is at this point in the process. What matters most right now is that you don't verbalize your complaints. Your focus should be on speaking impeccably (no negative comments, complaints, gossip etc.). You don't need to worry if complaints are running through your mind.

If you do notice a complaint beginning to surface in your mind, don't fight it. Just be aware of it and let it be. Do everything you possibly can to keep the complaint to yourself and don't vocalize it. Don't try to pretend it is not there or try to attack it and cause any unnecessary negativity. You just want to make sure that you don't vocalize it.

After you notice the complaint and choose not to say it out loud, it will eventually disappear from your mind. Don't worry, it doesn't have staying power and it will not linger for too long. If you can just let the complaint be and not ignite the fire by responding to it or reinforcing it with other negative judgments about the situation, it will eventually disappear.

If you notice you are always tempted to vocalize the complaint or if you notice you are unable to stop yourself and complaints are still slipping out, you can take advantage of the Time Gap. The Time Gap is that 1-2 second period you have after processing something but before responding. Instead of automatically reacting or responding to a situation, you can slow things down and use the Time Gap to think about your highest and best response.

Instead of automatically reacting or responding to a situation, you can slow things down and use the Time Gap to think about your highest and best response.

Use that 1-2 seconds of time to remind yourself that you don't want to vocalize your complaint and don't say anything until after you have thought things through.

You will get better and better at noticing complaints and allowing them to just disintegrate in your mind. This is also a great time to use your [Complaint Free Totem](#) because it will help you fight whatever temptation you may have to say your complaints out loud.

It is important you give yourself credit every time you successfully hold in a complaint. Giving yourself credit and focusing on how great you are doing is a good thing to turn your attention to instead of allowing your attention to be on whatever it is that irritated or upset you. You should be proud of yourself that you were able to be consciously aware of your complaint and that you also were able to control it.

That is a pretty big deal. There are so many people who fall into the trap of unconsciously vocalizing their complaints. You should feel proud of your self-restraint as well as energized and motivated to continue because you have already successfully not complained.

Tip 3: Unleash Positive Conversation Openers and Responses

Many people don't realize they use complaints to get conversations going, or when they feel the need to add something interesting to a conversation. There are numerous conversations everyday that begin with: "Can you believe he said that?" "The weather is absolutely awful today Isn't it?" "I am so not in the mood to be at work today".

It can be challenging to respond to these complaint starting questions without jumping right in and contributing your own complaints. As a result, it is a good idea to think about what your approach will be

when someone begins a conversation this way. Perhaps you can point out what is good about the situation (i.e. Thank goodness the week has been flying by.) or even change the subject completely (i.e. Did you see that game last night?). The most important thing is to get the conversation going in a more positive direction.

Tip 4: Be On the Lookout For Anything that Resembles A Complaint

We all have a lot going on through the day that can cause so many different things to run through our minds. We are moving from one thing to the next with the majority of our attention on whatever is weighing on our minds for that day or the litany of things we have to do.

However, in order to successfully make it through Stage One, we are going to need to make certain we are always paying close attention to what specifically is coming out of our mouths. We have to be on the lookout for anything that resembles a complaint and make certain we aren't just unconsciously complaining because our minds are consumed with the other things we have going on.

A good way to be on the lookout for complaints and notice when they are rising to the surface is to pay close attention to your feelings. Are you feeling annoyed by a situation? Is a certain person bothering you? Are you tired or feeling a little overwhelmed with everything that you have going on? When any of these feelings arise in your everyday experience, they can be the impetus for what you will eventually be complaining about.

It is also important to understand that once we allow ourselves to begin complaining, it is highly likely the complaining will continue for that day until we break the cycle of complaining. Negativity breeds off of other negativity. Once the downward cycle begins, it continues until it passes through our system or we choose to do something about it. If you just let yourself go on a

We have to be on the lookout for anything that resembles a complaint and make certain we aren't just unconsciously complaining.

complaining rant and move from complaining about one thing to the next, you can best believe that your complaining will continue and be even harder to stop.

Disguised complaints are another thing to be on the lookout for. In your mind, you believe you are just assessing a situation or constructively dealing with whatever is bothering you. But in actuality, you are really just complaining. Often times there is a fine line between being constructive and complaining and you need to understand how to not cross the line.

Just When I Thought I Was Cured ... Complaints Strike Back

Monday, February 26, 2007

Day #5 of the complaint free experiment. 10 complaints (Okay, so I am not cured)

I have figured out that it is much easier to make it through the weekends without complaining than it is the weekdays.

I really thought I was getting better and was going to be totally complaint free from here on out. However, I had a run in with Andrea (or rather, she ran into me like she always does) and I just couldn't help myself.

I had to let someone (or some people – Robb, Antionette and my co-workers of course) know. This was a story I couldn't pass up telling, but it also meant I had to complain. I did manage to limit it to just 10 complaints.

I will do much better tomorrow.

Tip #5: Avoid Other Complainers Like the Plague

One of the most challenging things about becoming complaint free is interacting with all the complainers that surround you.

Some people realize they are completely caught up in being negative and complaining, but choose to do nothing about it because in a weird way they enjoy it. Other people complain a significant amount of the time and don't even realize it. In fact, if you ask them, they will tell you that overall they are a pretty positive person, but that it is important to get things off their chest and let people know how they feel about situations.

I am sure you have heard the phrase that “misery loves company”. Well, when it comes to complaining, that is definitely the case. People who are complaining want you to jump right in with them and join their venting sessions.

It is also important to be aware of consistent complainers that suck you in simply because you feel obligated to complain too. They complain about three things and then you feel that it is your turn to complain about

One of the most challenging things about becoming complaint free is interacting with all the complainers that surround you.

something. It may not even be anything that is really bothering you at the time, but you feel that it is important to add to the conversation. So, you think about something that has happened that you can complain about. You may even be trying to make the other person feel better about their situation and whatever they are complaining about by complaining about something that happened to you that you feel is even worse. It really is crazy how contagious complaining is and how it can easily be transferred from one person to the other.

As an aside, be careful that your attention is not on other people and how much they needlessly complain. This challenge is about you and ending your complaining. Although you have to make certain you don't allow other people to suck you in to their complaining sessions, you also want to make certain you don't fall into the trap of passing judgment on them because they are complaining so much.

Tip #6: Stop Focusing on What You Don't Want

One of the best things you can do to really help yourself stop complaining is to stop focusing on what you don't want or what you don't like.

You need to change your focus and start thinking about those things you like or do want. Instead of focusing on how much you don't like your job and don't feel like going to work for the day, change your focus and think about how you are fortunate to have a job and how you are going to use the current opportunity as a stepping stone to get you the job you really want. As is so frequently said, "perception is reality". Therefore, the better you perceive a situation to be, the better your experience will be.

Complaining Prohibited On These Premises and Within 10 Feet

Thursday, March 1, 2007

Day #8 of the complaint free experiment. 2 complaints (considering the day I had, that is pretty remarkable. Can someone please say progress).

There were about 10 things that happened to me that would have normally hit my complaint trigger, but I made it through the day with only complaining twice.

I had a crazy day at work. Andrea went "Andrea" again today and literally sent me 20 rude e-mails (carbon copying just about anyone and everyone) and blaming me for something that she again messed up. However, I didn't bite. I just responded once, with the correct information and kept going on with my day.

Now, it took all the restraint I have inside of me to not say anything rude about her and not complain to anyone about what happened, but I did it. I kept my complaints all to myself (which doesn't officially count as a complaining).

Also, I am feeling more energized after I get home from work and I am laughing more throughout the day. I didn't think this no complaining thing was going to really do anything, but I guess I was wrong.

Successfully Completing Stage One:

The above six tips are all designed to help you navigate through Stage One and get you to the point where you are no longer verbalizing your complaints. When you reach the end of Stage One, you will also notice that many of the things you used to complain about no longer occupy any of your mental space. This is a good thing. No, a great thing! It means that you are ready to move onto Stage Two.

I can't tell you exactly how many days you need to focus on Stage One because everyone is different and will move through Stage One at a different pace. Some people may be consistent complainers, but once they focus on not complaining they will make rapid improvement and significantly reduce their complaining in ten days. Other people may not be chronic complainers, but may make slower progress.

It is important to be honest with yourself and take as much time as you need with Stage One. Even if the challenge ends up taking you longer than 30 days doesn't really matter (I personally took 40 days to complete the process). You are going to need to take whatever time you need to successfully make it through Stage One.

How are you doing so far with your personal 30 day complaint free challenge? It would be really great to hear about your progress. Let us know how it is going on the Possibility of Today [Facebook Page](#) or e-mail at sibylchavis@gmail.com.

It's Time For Action –

Stage One:

- ✦ It's important to have a plan so that you don't just react to situations and slip back into any bad patterns. Put together a list of things you are going to start doing differently today.
- ✦ What is your plan of action? Who are you going to tell that you are completing a complaint free challenge? How are you going to keep the challenge top of mind everyday? Do you plan to use the Complaint Free Totem and visit the Facebook Page?
- ✦ What are you going to do when the people around you start complaining?

Who Knew It Could Get This Good

Monday, March 5, 2007

Day #12 of the complaint free experiment. 0 complaints. (free at last, free at last...).

Now. I totally just feel different. I can't believe how much of a positive effect this has had on my mindset and my overall mood from day to day. Now, don't get me wrong, I am still annoyed from time to time, but for the most part, it takes a lot to disturb me.

Not even good old Andrea and any of her craziness gets to me like it used to. Who would have ever thought that was possible?

I am really getting into a good groove at work and accomplishing a lot more. Everything just seems to be clicking. My boss has even noticed and complimented me on some recent work.

Robb, Jordan and I had an amazing evening and just

**Let us know how it is
going on the [Possibility of
Today Facebook Page](#)**

had so much fun hanging out together. We found this great Italian restaurant right around the corner. I don't know how we had overlooked it for so long. The food was amazing.

I am really beginning to see Michigan in a new light. Yes, it has issues with weather, but there really are some great things about it. It is all about looking at it in the right light.

To be continued ...

.....
***“If you don’t like something change it; if
you can’t change it, change the way you
think about it.”***

– Mary Engelbreit

.....

Stage Two:

Welcome to Stage Two! You have successfully made it through Stage One. Congratulations! You have reached the point where your complaining is under control and you are no longer a victim to unconscious complaining.

The next and final step of the process is to reach that point where you are also mentally cleansed of all complaining. This means that you have figured out a way to see the things you would normally notice and complain about differently. It is not that you don't notice them, but they just don't register in your mind as anything you need to be bothered with or waste any mental space on.

It is no longer about catching yourself before you actually verbalize a complaint. Your new goal is to not pass judgment on anything that you notice in any way. "It is what it is" is your new *modus operandi*. Simply accept things for what they are without allowing them to cause you any emotional disturbance. You do still address situations. But your only goal is to calmly and non-emotionally state the facts and resolve situations. There is absolutely no negative emotional charge behind any of your statements or observations.

Similar to Stage One, there are tips you will need to do in order to complete this stage successfully.

However, this stage is like the icing on the cake because you have already done a lot of the hard work in Stage One. Nevertheless, this is still a very important stage. Once you reach the end of it you will be amazed at how great you feel and how all the things around you have improved.

"It is what it is" is your new *modus operandi*. Simply accept things for what they are without allowing them to cause you any emotional disturbance.

Tip #1: You Have a Beautiful Mind. Pay Attention to It

Always be aware of the thoughts that are going through your mind. What is getting your attention? What is bothering you, even though you are not complaining about it? Is there someone or something that is just annoying you? Although you have reached the point where you are able to have these thoughts without voicing them, it is time to take that final step and in order to do that you must be aware of what you are thinking throughout the day.

Instead of catching yourself like you did in Stage One before you verbalized your complaint, your new job is to catch yourself as soon as you notice that you are annoyed or bothered by someone or something. Once you do notice that there is something that has registered on your mental radar, you have to choose to step back and look at it differently.

Your job is not to pass judgment. Instead, try to accept whatever it is and choose to rise above it. You don't allow your thoughts about a situation to ever cross the line where they cause you to get mentally entangled and bothered. And, you can control this from happening by paying attention to what is going on in your mind. Anytime it even looks like you are headed in the wrong direction, stop yourself and work to look at things differently.

I Love Cake ... But Why Not Have Icing and Ice Cream Too?

Monday, March 8, 2007

Day #14 of the complaint free experiment. 0 complaints. Only about 8 negative thoughts (not bad at all considering I decided to voluntarily take the challenge to the next level)

It is great and all that I am for the most part not complaining out loud anymore, but I think it would be even better if I could just stop the complaining all together.

I am going to really try to remove all negativity from my mind. That means I am not going to even have complaint thoughts.

I have noticed that although I am not complaining out loud, I am still being somewhat weighed down by these complaint thoughts that are running through my mind.

For instance, today I started thinking about how much I didn't want to go to work tomorrow. I also was a little annoyed and had some negative thoughts about the person who cut me off on the highway.

I didn't verbalize any of these complaints, but they definitely ran through my mind. I think if I am going to totally go complaint free I am going to have to pay more attention to every single thing that is going through my mind. I am going to try that tomorrow.

Tip #2: It's Not Your Job to Fix Other People

It is not your job to fix other people. It's just not a part of your job description. Naturally, this excludes your children because you are responsible for teaching them and being a good role model. However, when it comes to all the other people in the world (including your significant other), one of the best realizations you can have is that they are not your job to fix.

So often when we end up having negative thoughts about someone, it is because we feel they have done something that it is not right on our personal scale of acceptability. We may feel it is our job to tell them the error of their ways. Or, we may choose to tell someone else about it in order to justify our opinion.

However, the sooner you realize that it is not your job to fix other people, the much better off you will be because you will be less apt to pass judgment on them. You don't have to prove to them that you are right and they are wrong. You just have to let them be.

Now, this doesn't mean you just allow people to do things that cause you or anyone else harm. It is still important to address situations and work to resolve them. But, you constructively address the situation, work to find a resolution and then move on without allowing them to cause you any emotional disturbances. Take a look at an example of how this works.

It is not your job to fix other people. It's just not a part of your job description.

Example: When your husband decides to go out with his friends for the fourth night in a row after working all week, you do not even allow yourself to get upset or decide that it means he doesn't want to spend time with you. You choose to look at things differently and when you have the opportunity to really sit down with him and discuss the issue (not when he is walking out the door or when you are upset), you take advantage of it.

Instead of focusing on what you don't want (i.e. I don't want you spending so much time with your friends at the expense of spending time with me) you focus on what you do want and propose a solution (I would like for us to spend more time together one on one. Let's schedule sometime to do that every week). You have a very constructive conversation and your main goal is to find a resolution.

Tip #3: Prioritize Your Peace of Mind Over Everything

There is nothing more important than your peace of mind. How you are feeling and what you are thinking throughout the day really matters and determines if your positive energy is flowing. If you are allowing yourself to be disturbed and annoyed by the situations or people around you, you definitely do not have a great frame of mind. That will have a negative impact on everything you do.

If you prioritize your frame of mind over everything you will realize there is just not anything or anyone that is worth the disturbance to your peace of mind. That alone will encourage you to look at situations differently. Your number one desire will be to protect your mental space and stay in the right frame of mind regardless of what is happening around you. It is no longer about what happens to you, but instead how you react to whatever comes your way.

It's Getting Better and Better ...

Friday, March 23, 2007

Day #22 of the complaint free experiment. 0 complaints. Only 4 negative thoughts. (Now, that's what I am talking about).

I really can't even find the words to describe what removing all this negativity has done for me. I just feel great. Robb said he is feeling the same way too.

I really know this is one of the best things we have ever done.

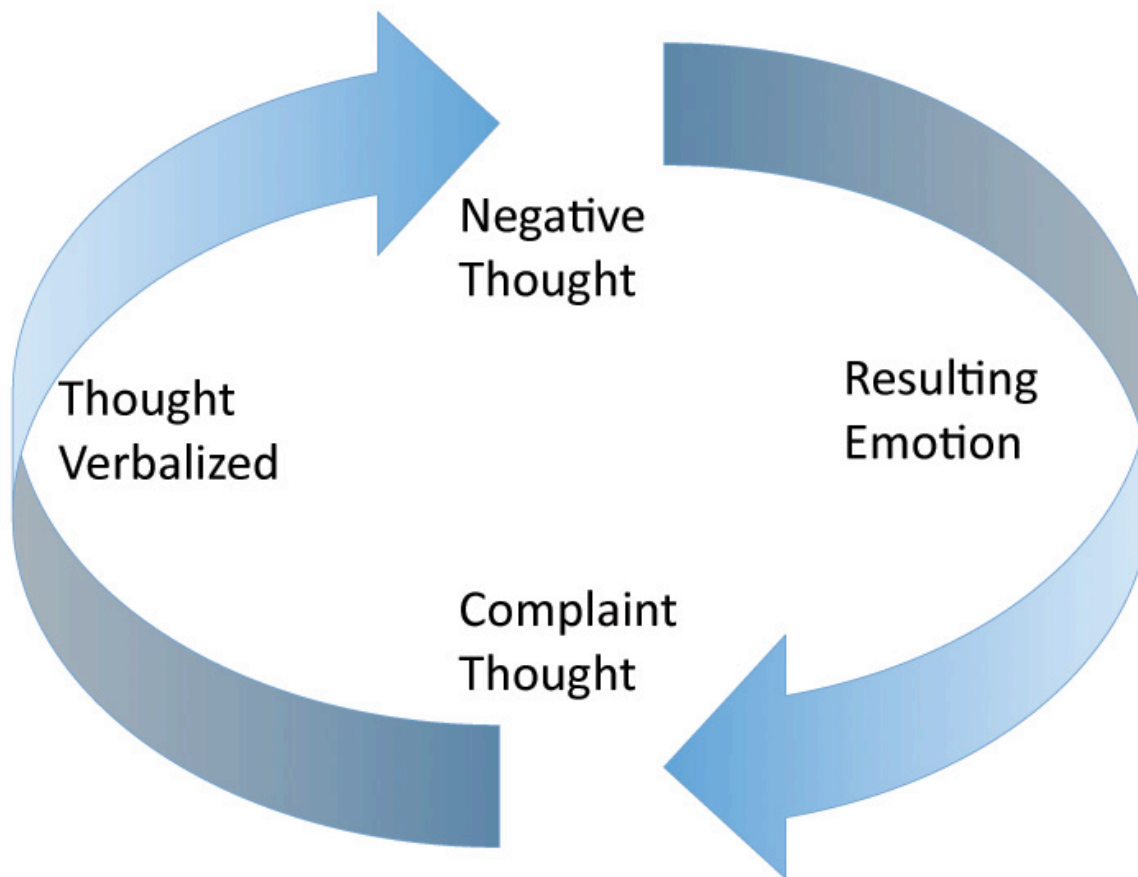
When I go through the day, there is nothing that is really getting to me. I notice things, but I don't judge them and I definitely don't allow them to take up any mental space. And, it's not as if people aren't doing the same things that used to drive me crazy.

I just figured out there is nothing more important than my peace of mind and so I choose to not let anything disturb it.

I had the realization also that people are going to always have issues, but lucky for me, it is not my job to point them out or try to fix other people.

Tip #4: Break the Cycle to Live Happily Ever After

There is a cycle that many people normally go through.



Every situation really is an opportunity to strengthen your ability to be more open minded and able to see something good in a situation.

During Stage One, you were able to eliminate the final part of the cycle where you verbalized the complaint. Now it is time to break the cycle all together. If you can catch yourself either right before you have a negative thought or while you are having the negative thought, the resulting emotion also will not be as negative. Once you are able to see things from a different perspective and reduce some of the negativity, your emotions have no choice but to follow suit.

This doesn't mean you try to cover up your emotions or hold them in and pretend they don't exist. It just means you work to see the situation from a positive perspective. Once you have either reduced the strength of your negative thought or eliminated it completely, you will notice that the resulting negative emotion will also be reduced and maybe even eliminated depending on the situation.

Tip #5: Cultivate Your Positive Thinking

Every situation really is an opportunity to strengthen your ability to be more open minded and able to see something good in a situation. When something happens that you would have ordinarily looked at negatively, your immediate and automatic response should be to see if you can change how you are looking at the situation and search for a view that is more understanding and tolerant.

In the beginning, it may be challenging to not have negative thoughts about certain situations or be able to choose to see things in a better light. However, as time goes on and you continue to work on seeing things differently, it will be much easier to see things from a more positive perspective.

Tip #6: Forgive Easily, Live Effortlessly

The reality is that as we move through life, we are going to encounter those situations where our ability to forgive is tested. There may be those instances where we need to forgive people for one thing or another (i.e. your boss being a jerk, your waiter being rude, or your significant other not taking care of something they were supposed to).

The best thing we can do for ourselves is to find our way to forgiveness regardless of the situation. I am sure it comes as no surprise that the less time we hold onto being angry the better and it is in our best interest to find the quickest and most direct route to truly forgiving someone.

We have to make certain we don't get so caught up in our emotions and justifying all the reasons why we have a right to be upset, that we forget our first priority should be our own peace of mind. Forgiveness is always the way to go, whether or not the person has apologized, and regardless if we feel the person deserves to be forgiven.

Holding onto anger and being unable to forgive is nothing but negative energy and it will definitely cause you to have complaint thoughts. It is no coincidence that those people that are better at forgiving and letting things go are also those people that are the happiest because they know how to free themselves from the heaviness that always comes along with being upset and harboring resentment.

Granted, when it comes to the bigger issues, forgiveness can be a process. But that is why you have to make it your objective to start the forgiveness process as soon as possible. And when it comes to the

It's Time For Action - Stage Two:

- ♦ You need another plan of action for making it through Stage 2. Think about what you are going to do differently to control your complaint thoughts?
- ♦ What are you going to do if you have a complaint thought? How are you going to manage through it?
- ♦ How are you going to keep the complaint free challenge top of mind for Stage 2?

smaller things, you need to become an expert at letting those go easily without even getting worked up or upset.

This doesn't mean you just allow people to walk all over you. But if you do encounter a situation where someone has pushed you too far, you should immediately direct your attention to finding a way to forgive them.

Easier said than done? Possibly. But there are things we can do that will help us forgive more easily.

- ★ **Don't continually reflect on what happened and allow it to just weigh on your mind. You can control what you focus on.**
- ★ **Remind yourself that when you forgive someone, the primary person you are actually helping is yourself because you are releasing all sorts of negative energy and cleansing your mind. Use that fact as a great motivator to forgive.**

When Everything Is Just Moving In the Right Direction

Friday, March 30, 2007

Day #29 of the complaint free experiment. 0 complaints. Only 1 negative thought. (How sweet it is...)

I can't believe how things are just getting better and better everyday. This has really been one of the most liberating experiences. I know it sounds so cliché, but I am a total new person.

It's as if one of the heaviest weights that I have been carrying around for the majority of my life has been lifted off me. I have no idea how I used to make it through the days with all that wildness running through my mind.

It's not that I don't encounter challenging situations and challenging people, but I just have so much of a better way of dealing with it all. I know that this experiment is coming to an end, but there is no way I will ever go back to that place where I was regularly complaining and distracted by so much negativity.

I have been coming home from work for the last 10 days and just brainstorming about all the cool things I want to start doing with my free time. I am thinking I may start writing a book or something. I am not quite sure right now exactly what I will end up doing, but I just know I feel energized to do something creative with my spare time.

Robb has started writing a comedy blog. He has been writing every night for a while now and seems to really be enjoying it. Maybe I will try something like that ... who knows?

Conclusion

If you have made it this far, then congratulations are in order... again! You have successfully made it through Stages One and Two. This is now when everything starts to get really, really good.

You have learned how to effectively resolve situations without complaining and you don't allow your mind to be consumed with all negativity energy. At this point, I am sure you have also noticed just how much better you feel overall.

Your mind has been freed to focus on what is really important to you.

In terms of the Complaint Zones, you should have days where you don't complain at all. But you may also have just a couple of days where you are in Zone 1 and a few complaints slip out from time to time or run through your mind.

No need to beat yourself up if a complaint does arise every now and then. Just always make it your goal to stay in the Complaint Free Zone and eventually that is where you will spend the majority of your days.

You have worked really hard to break the habit of complaining. There are no good reasons to change what you are doing. Let your new frame of mind continue to positively impact your life and everything you do.

I am sure it has been an amazing ride. It will prove to be one of the best things you have done on your journey. Thank you so much for taking the challenge!! I

**Your mind has been freed
to focus on what is really
important to you.**

hope this book was helpful to you. I wish you all the best and know that it only gets better and better from here.

If you have any questions or comments, I would love to hear from you. I would also love to hear how the challenge went for you. E-mail me (sibylchavis@gmail.com) and connect with me on [Facebook](#) or Twitter [@SibylChavis](#).

Always remember that there is so much possibility in Today.

We can really live Today in such an amazing way. We don't have to get caught up in the whirlwind and the "stuff of life" that comes at us from every direction. We can take care of everything we need to while we really live in the most amazing way where we feel really alive, connected, happy and get everything we want out of life. There is a different way to live.

Live Today Better than Yesterday.

The Sweet Taste of Victory

Saturday, April 7, 2007

Day #40 of the complaint free experiment. 0 complaints. 0 negative thoughts. (Enjoy walking until you can run ... and then it's time to try to fly).

This is officially the last day of the experiment and all I can think about is how far I have come. Wow.

Things are just not the same ... everything has totally changed for the better. Work is so much more rewarding and fulfilling (I just got a promotion and a pay increase which is always nice), all of my relationships are different and I really feel like I am connecting with people in a real way. I just continually feel great day after day.

I am not exactly sure what prompted me to listen to Antionette that day and start this experiment, but I am so glad I did. Life has a way of bringing to you exactly what you need at the exact right time. And, I was so in need of this part of my journey.

It was literally life changing and I will never be the same again. It's as if I have discovered a whole new dimension to who I really am and if there is one thing I know for sure, it is that there really is a different way to live.

There is just so much possibility every single day to learn and live in an amazing way. This is something I plan to do each and everyday.

As Thomas Troward says, "Everything proceeds by an orderly sequence of growth". I plan to follow that truism by living each day in the absolute best way I can . My new goal is to live today better than I did yesterday. Let's see where it takes me.

To be continued ...

A Shout Out Would Be Great

If you enjoyed this book and found it helpful, please encourage your friends and family to subscribe to the [Possibility of Today](#) to get their own free copy. Also, please stop by the [Possibility of Today Facebook Page](#) and let me know your thoughts and comments. I would really love to hear from you.

Please also stop by [Possibility of Today](#), check out the latest and greatest articles and say hello.

Resources:

For all of you who want even more information on living complaint-free, here are some great resources to check out. I found all of them very useful and thought I would pass them on to you.

1. *A Complaint Free World* by Will Bowen
2. Alexander Kjerul:
 - a. *Top 10 Reasons Why Constant Complaining Is So Toxic in the Workplace*
 - b. *If you Ever Find Yourself Saying*
 - c. *How to Handle Chronic Complainers*
3. *Do You Complain Too Much* by Dr. Robin Kowalski, Ph.D.
4. *Why Do People Complain* by Michael Cunningham, Ph.D.

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***"The greatest discovery of my generation
is that a human being can alter his life by
altering his attitudes."***

– William James

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