

No Complaining Journal

Keep track of how no complaining impacts you on a day to day basis for 7 Days.

People won't
have time for
you if you are
always **ANGRY**
or **COMPLAINING.**

Stephen Hawking

Following is one blank page for each day of the [‘no complaining’ challenge](#).
Write as much or as little as you want, but make sure to write stuff down!
Writing it down gives you more awareness of how the challenge is affecting you and whether or not you want to make no complaining a consistent rule in your life.

Some questions you may want to ask yourself:

- How easy or hard was it to avoid complaining today?
- Would complaining have made me feel better today?
- What did I most want to complain about? Why? Can I change the situation? If so, how and when should I start!
- How did it feel not to complain during a time I normally complain?
 - Did people interact with me differently today?
- Do I see people differently now that I’m not complaining?
 - Do I see work/home/the grocery store differently?
 - Do I feel less tense? More happy? More focused?
- How much more am I getting done in my day not that I’m not complaining?
 - How did I feel around people complaining today?

Day 1: No Complaining Challenge

Day 2: No Complaining Challenge

No Complaining Challenge Worksheet

Day 3: No Complaining Challenge

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Day 4: No Complaining Challenge

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Day 5: No Complaining Challenge

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Day 6: No Complaining Challenge

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Day 7: No Complaining Challenge

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Notes On Moving Forward:

Up for another challenge? Check out <http://challengeaddict.com>

No Complaining Challenge Worksheet