

Complaint Free for 21 Days

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21

Guidelines:

1. Change the words you use from the negative to the positive
2. No Criticizing: find the positive in all situations
3. No Complaining: state facts instead of complaining
4. Gossip only if you would say it if the person were present with the same inflection and same words

