

2024 Harnessing the Power of Words

by Becoming Complaint Free

Becoming complaint free is a powerful way of speaking that decreases stress and increases happiness and health.

Becoming “Complaint Free” involves becoming aware of the words we speak, and making conscious choices. It teaches us to focus on what we are for, rather than what we are against, which is a profound and beneficial shift for many people.

We’ll be using the concepts in **A Complaint Free World, the 21-day challenge that will change your life** by Will Bowen for the first 3 sessions of our course, Harnessing the Power of Words. For more information, see his website - <https://willbowen.com/>

Getting started:

1. The Complaint Free book suggests using a bracelet (or rubber band) on one wrist. When you catch yourself **complaining, gossiping or criticizing**, move the bracelet to the other wrist and begin again. It is important to move the bracelet each time you complain, gossip, or criticize in order to bring more awareness to your words, and be able to change them successfully.
2. Or put a small stone or crystal in your pocket and move it to another pocket when you hear yourself say those words!
3. The goal is to go for 21 consecutive days without complaining, criticizing, or gossiping. And when you’ve done that, you will have created a new habit... a habit that makes you calmer, more relaxed, and happier.
4. You’ll notice it right away, well before the full 21 days. Stay with it! Seemingly simple, it can be humbling to do try to do it for the full 21 consecutive days. Because that means each time you notice that you’ve complained, criticized or gossiped, you must start all over again with day one!
5. BTW, the average length of time to achieve this goal is 5-7 months!! It’s helpful to remember that you’re developing a life-long skill that will enhance your life immediately, and forever, (with a little mindfulness!)

“Our thoughts create our lives and our words indicate what we are thinking”.

Will Bowen

“As with all things worth accomplishing, you must fail your way to success.”

Will Bowen