



Moan Moan Moan...

You might not be surprised to learn that consistent complaining can lead to increased unhappiness. To be fair, totally avoiding complaining is not an easy or completely useful task, as that would inhibit self-expression and destroy all the good work you have been doing! But as an exercise, why not challenge yourself to a complaint free day or week? Make a note of all the valid things you moan about at work. Note your observations on how this worked out for you. How did you feel? Did you rush to find a solution? Make notes on the opposite page.