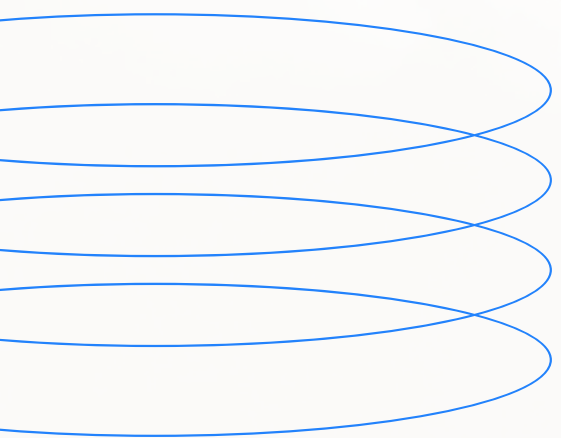
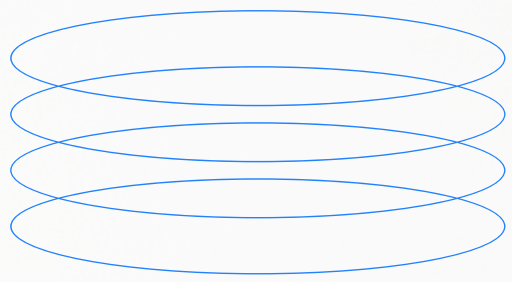


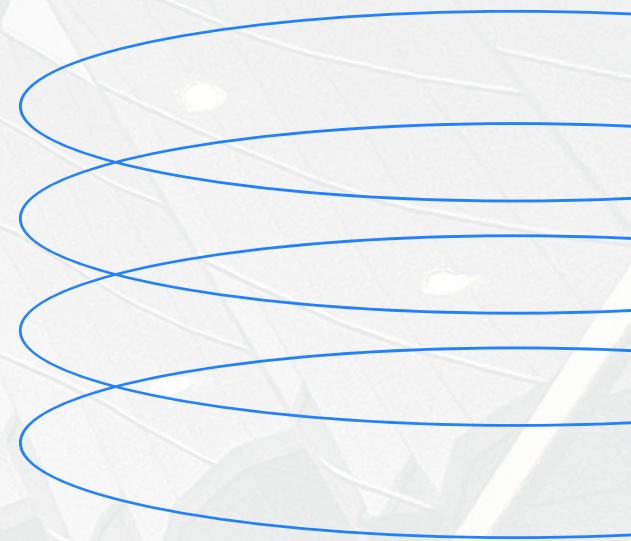
THE RULE OF
NO COMPLAINTS
into Achievable Wins

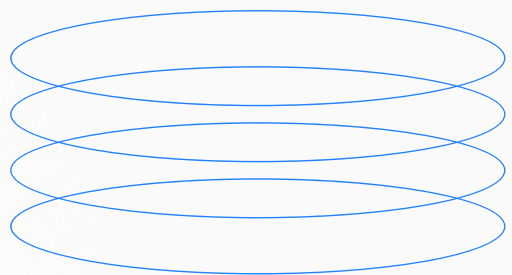




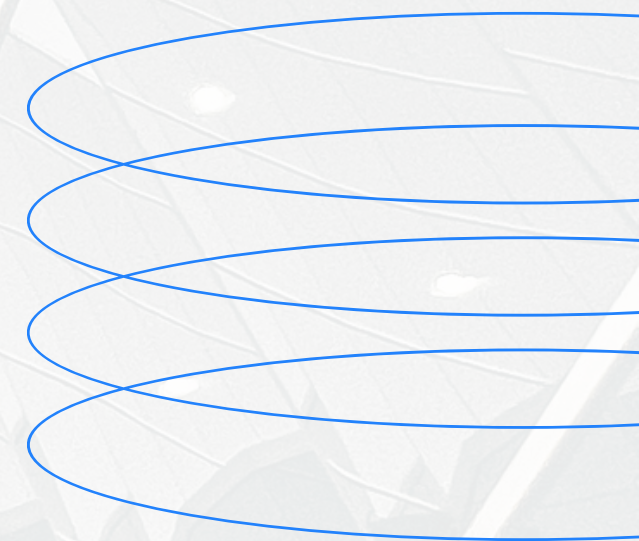
WELCOME TO LIFE HACK NO. 5

The 'No Complaints' Rule

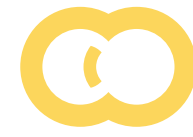




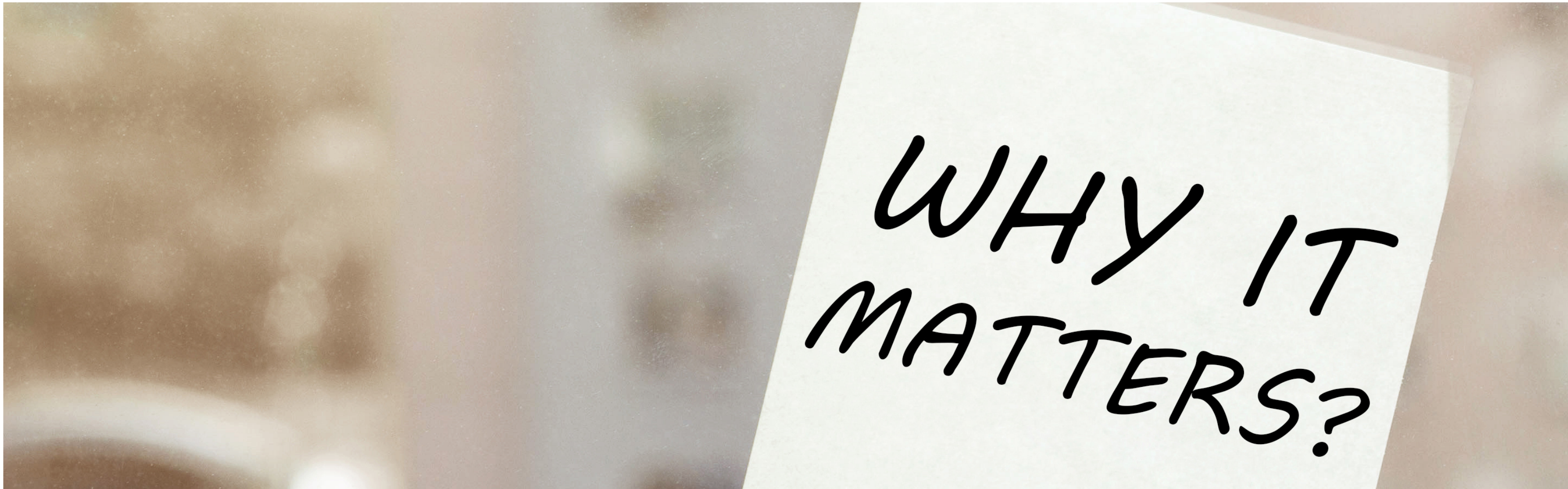
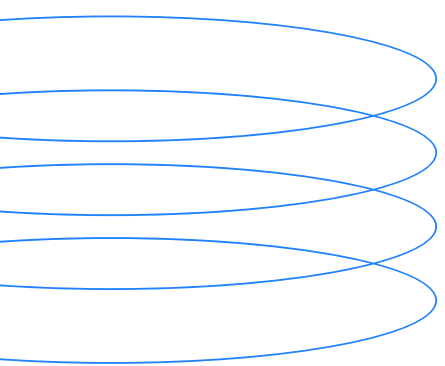
*Break the negativity cycle and
train your mind for solutions.*



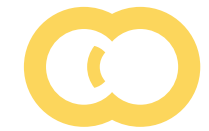
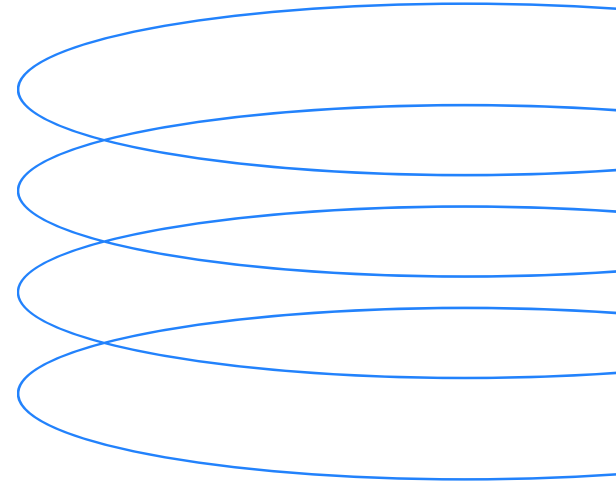
WHY THIS HACK MATTERS



- Complaining keeps you stuck in problems.
- Your words shape your reality.
- Fewer complaints = better focus, higher energy.

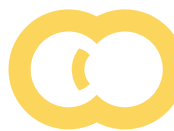


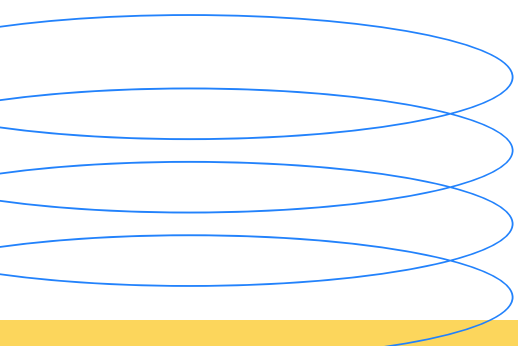
WHY THIS HACK WORKS



**Speak what you want
to see, not what you
want to avoid.**

WHAT IS THE 'NO COMPLAINTS' RULE?

- A challenge to go 24 hours (or more!) without complaining. 
- No whining, blaming, or gossiping.
- When you catch yourself, pause and reframe.

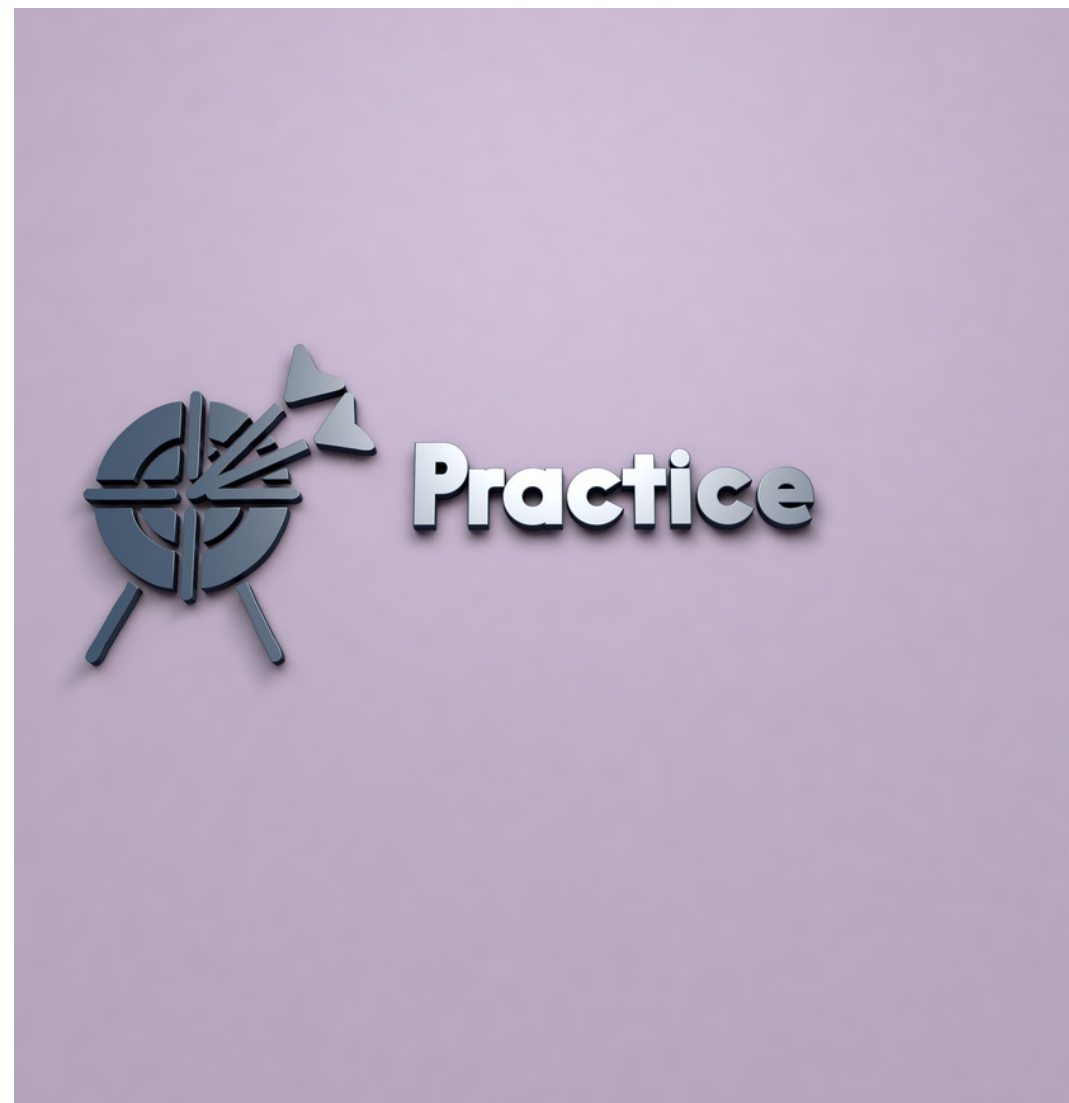


Instead of “I’m so tired,” say “I need to rest and recharge.”



Step

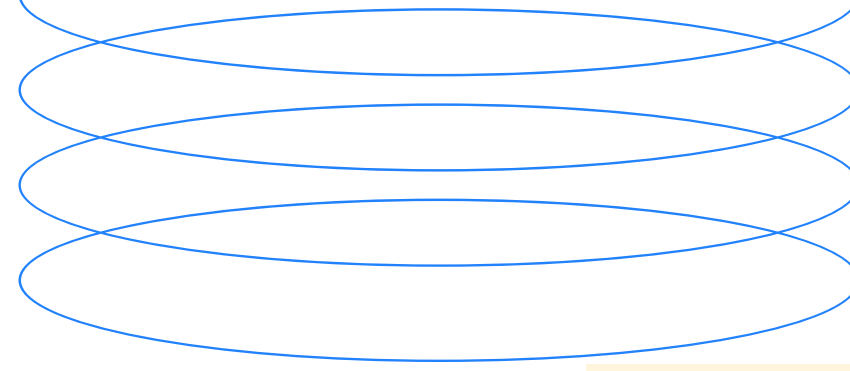
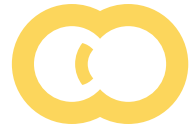
HOW TO PRACTICE IT



Most people complain 15-30 times a day – imagine the mental space you'll free up!



- Set a goal: one full day complaint-free.
- Every time you complain, switch it to the other wrist.
- Wear a rubber band or bracelet on your wrist.
- Reframe negative thoughts into empowering ones.



Step

WHAT HAPPENS WHEN YOU STOP COMPLAINING

***“I choose peace over
problems.”***

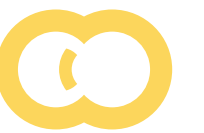
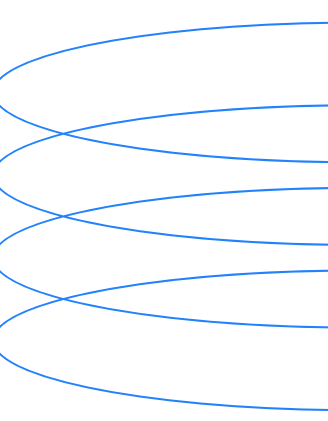
- ***Mind shifts from problem to solution.***
- ***Conversations become more uplifting.***
- ***You feel more empowered and peaceful.***
- ***Others notice your positivity and respond better.***





Step

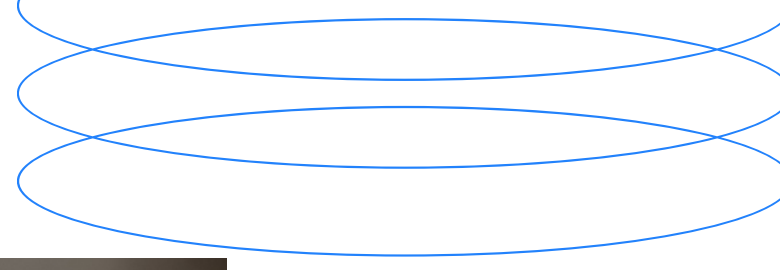
TIPS TO STAY COMPLAINT-FREE



**Surround yourself
with positive
influences.**

**Journal daily about
what went well.**

**Take deep breaths
when irritated
instead of reacting.**



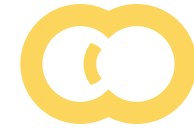
Step
**COMMON MISTAKES TO
AVOID**



**Honest doesn't mean
hopeless.**



- ***Thinking venting = releasing (it often reinforces the issue).***
- ***Letting others' complaints trigger your own.***
- ***Confusing honesty with negativity – you can be real without being toxic.***



CONCLUSION

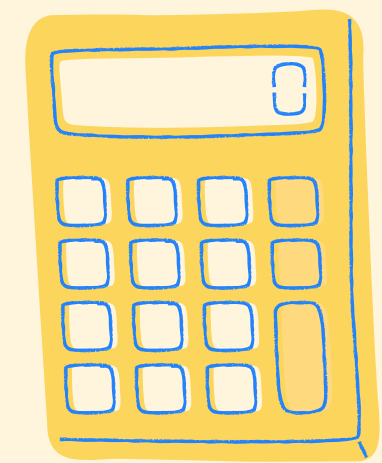
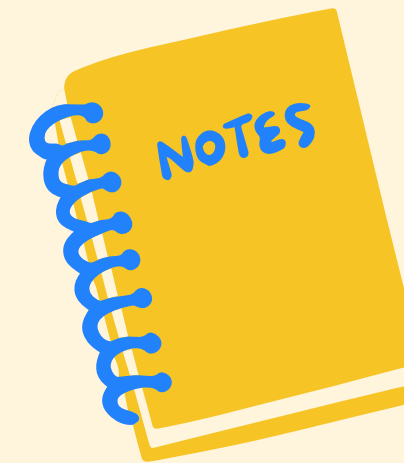
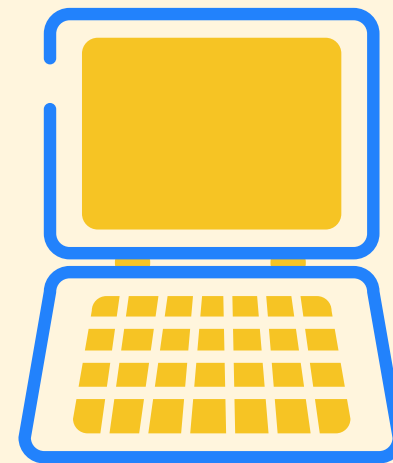
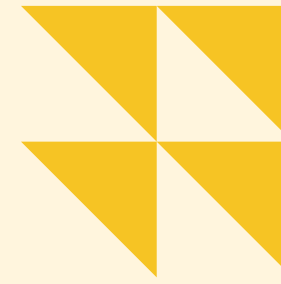
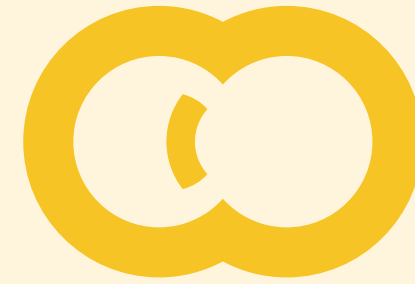
No Complaints = More Joy

- This small practice leads to big inner shifts.
- When you stop feeding problems with words, they shrink.
- Invite clarity, creativity, and calm by mastering your mouth.



- ***Complaints drain your energy – redirect it!***
- ***Replace complaints with gratitude or intention.***

Can you go 24 hours without a single complaint?



YOUR TURN!

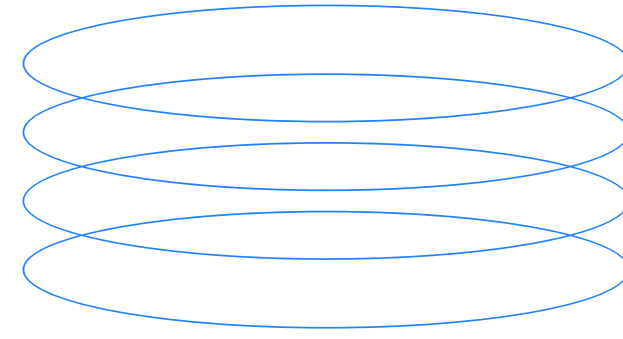


Try the 24-hour challenge and notice the change.

- ***TRACK YOUR THOUGHTS.***
- ***SHIFT YOUR SPEECH.***
- ***CELEBRATE YOUR WINS.***



THANK YOU & STAY CONNECTED!



- Website: www.swasthyabykinjal.com
- Phone: +91 93216 09715
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The 'No Complaints' Rule

