



THE  
*Grumbling to Gratitude*  
AND  
*Complaining to Compassion*  
JOURNAL

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WELCOME TO THE  
GRUMBLING TO GRATITUDE AND COMPLAINING TO COMPASSION  
JOURNAL!

So what's this all about?

We all tend to complain too much, and to grumble about everything we don't love  
... and even some of the things we do.

Why?

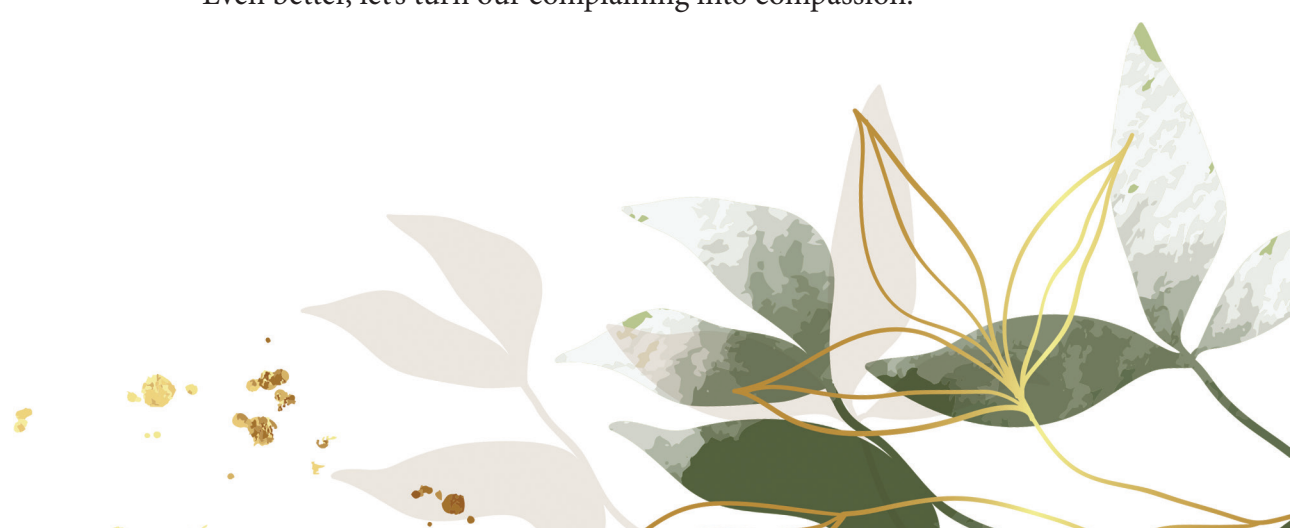
This month, let's retrain ourselves!

Every time you grumble or complain, either verbally or even just mentally,  
WRITE IT DOWN.

And then, reframe it. Turn that grumble into a praise,  
and turn that complaint into compassion for the person who annoyed you.

There's a page for each day of the month.  
Write down both your initial thought or words, and then how you've reframed it.

Let's turn those grumbles into gratitude!  
Even better, let's turn our complaining into compassion.



*from grumbling to gratitude...*

DATE:

*..from complaining to compassion*

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DATE:

*..from complaining to compassion*

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*from grumbling to gratitude...*

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