

# Complaint Free Living

-An Answer from my Story-

By Emra Smith

# Complaint Free Living

- To Live Happily -

## The First of the 5 Life Changing Challenges

***“I have come that you may have life and have it to the full” Jesus***  
*John 10:10*

Born and raised in South Africa one of the greatest gifts I received was the innate ability to live happily. If you visit the country you will feel the joy in every fiber of your being. The broad smiles will captivate you, the hearty hello's and genuine care for your wellbeing warm your soul. The music will move you into a rhythm that will pulsate through you with an energy you will feel long after you leave.

During life's journey our adherence to our core values are challenged and we learn so much about them and the impact they have on our lives. For me the many learning experiences of understanding my core value of living happily has taught me the essence of how to achieve it.

It seems to me that for many others this pursuit of happiness is a heartfelt need and longing as well. Happiness can take on many forms – joy, laughter, achievement of goals and dreams, business and personal success, having our needs or wants met, making a difference in the world and a slew of so much more. While all of these hold true for me, my greatest depth of joy has been living in God's purpose for my life.

How logical it is that knowing and living in His purpose for me is the happiest place. If I truly believe Jesus words that He came so that I can have life and live it to the fullest, wouldn't He be the one to know how I uniquely can?

Whatever living happily means to you, complaint free living has a powerful impact on your achievement of happiness to live in your purpose. I do know it takes much courage and strength to live more, be more and move forward in God's purpose for your life and to achieve extraordinary happiness.

**Do you want to live more, be more and move forward in God's purpose to achieve extraordinary happiness?**

***Here's how to do so:***

**The 1<sup>st</sup> Life Changing Challenge:**

## No more complaining for 21 days!

***“Death and life are in the power of the tongue, and they who indulge in it shall eat the fruit of it”*** Prov 18:21

What powerful consequences for everyday living if you hear the words of this Proverb! You will reap what you sow. No more complaining!

- This does not mean that you pretend that nothing's wrong, that you don't express your emotions. It does mean that you stop, pause and reflect for as long as it takes to understand why you are upset, angry or annoyed by a situation or person. “Come to Me, cast your cares on Me”, Jesus says
- YOU TAKE FULL RESPONSIBILITY for every action you take. No blaming of someone else or your environment.
- It IS YOUR CHOICE to how you respond.
- You choose CHANGE or ACCEPTANCE of the situation you're in and deal with the consequences either way.
- NO COMPLAINING. You've made a choice after contemplating the experience and the outcome and know why you choose what you do and the reasons for it.

You may catch yourself falling into your pattern of complaining the first week. Don't get discouraged, just start again. That's why it's 21 days. It takes that long to form a new habit. Complaining is merely a habit. A destructive habit that doesn't make anything better. It steals your joy and makes happiness an elusive experience.

### *The difference made by not complaining:*

As a young girl I despised sweating. In my world there was no such word as perspiration, just nasty sweat. Running even halfway around the track at school was such a dreaded experience. I couldn't even breathe after the first quarter lap.

In my late twenties, being a mom of a mentally challenged daughter, I was introduced to running. The journey of doing whatever it takes began. The repetition, one step and then the next – walk-run, run-walk, until eventually I could run a mile and then three and then five. I learned to love to sweat and feel the tenderness in my muscles.

In the years that followed I'd go in and out of running, being fit and healthy and then taking it easy again which resulted in gaining a few unwanted pounds. Before I knew it, I was two dress sizes bigger, quite irritable and not feeling good about who I was. I longed for those years when I was slim, trim and had boundless energy.

I couldn't exercise because my husband had knee issues resulting in surgery. Much of our together time was when exercising, so I'd stay home with him. A

second reason why I couldn't go outside was that I hated the humidity and it seemed that most of the year was hot, humid and mosquito infested. On and on the complaining went, one excuse after another and I just got more and more miserable. This affected everyone I knew and I found myself complaining about so much more. My work, my colleagues, everything. My complaining frame of mind infiltrated every corner of my life. I lost my joy. Happiness was hard to find.

Through the masterful coaching of Dr. Dave Krueger, I started the process of understanding my core values, my life story and it's lingering impact on my life. I learnt new ways of goal setting and change. I signed up to run a half marathon with Team N Training, raising funds for the fight against Leukemia & Lymphoma as I trained.

**Instead of my habit of complaining, I realized what was going on in my life, decided I wanted more and sought the help I needed to facilitate change.**

I had choices – I could work out my exercise schedule, still had time for my husband and realized that he didn't need a baby sitter. I could get a treadmill, go to the gym or run skillfully in the heat. I started training and with discipline and perseverance I became strong, healthy and happy again and fulfilled a dream of running a half marathon! And a second and third!



Miami, FL - ING Half Marathon  
Marathon



Nashville, TN Women's Half

**Are you ready to not complain for 21 days and live more, be more, love more and move forward in purpose?**

***Post your commitment to not complain and share the journey together. Not only will you find support here and find out more of how to do this practically, but you will make a difference for others as well.***

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