

# *Complaint-Free Series*

*POSITIVE AFFIRMATIONS  
for Life*



# Affirmations for Living a Complaint-Free Life

## Introduction:

Welcome to this guided affirmation track to help you to live a complaint-free life. Listen and repeat each affirmation after me. This is your time now so honor it.

## Track #1:

1. I free myself of all complaining.
2. I trust in the process of life.
3. I release my complaining patterns with ease.
4. I channel the energy from complaint to gratitude.
5. Today I let no circumstance affect my inner joy.
6. Everything I need comes to me at the perfect time.
7. I let go of negativity to be light again.
8. I laugh at my own exaggerated drama.
9. I give up complaining to gain a new life.
10. Gratitude is the medicine that heals complaining.
11. I easily rid myself of the complaining habit.
12. My compassion serves everyone better.
13. I fill my mind with peaceful thoughts.
14. I take action to make things better without judging them.
15. I set a positive example for others to follow.

## Track #2:

16. The less I complain, the happier I become.
17. It is easy for me to be happy now.
18. I focus on feelings of gratitude and love.
19. I speak with kindness rather than criticism.
20. I choose to take action to make things better.
21. I accept things as they are.
22. I participate in uplifting conversations.
23. Positive thoughts come naturally to me.
24. I have the power to improve my life.
25. I help others see the positive side of life.
26. Everything is exactly as it needs to be.
27. I am transforming into an optimistic person.

- 28. I see the brighter side of everything.
- 29. Life is wonderful and people are wonderful.
- 30. My life improves greatly with this healthy attitude.

**Track #3:**

- 31. I heal myself from my complaining habit.
- 32. I give off a positive and loving energy.
- 33. Others seek me out for my calm attitude.
- 34. I attract grateful happy people.
- 35. Every situation works out for my highest good.
- 36. Every challenge makes me stronger.
- 37. It is easy not to complain about anything.
- 38. I let small stuff roll over my shoulders.
- 39. I carry on a healthy inner dialogue with myself.
- 40. I hear a peaceful voice in my head.
- 41. I carefully chew my words before spitting them out.
- 42. I let go of the need to control situations.
- 43. An attitude of gratitude guides me.
- 44. I encourage others to be more positive.
- 45. I choose to live a complaint-free life.