



## ~ Complaint Crushing ~ Worksheet 1 - May 2026

*Self-awareness Worksheet time! This is a great worksheet to do at the start of the month to see where you will get the best return on your focus. Identify your patterns. Make some decisions!*

What are the three things you complain about the most?

- Your body?
- Your bank account?
- Your partner? Or lack thereof?
- Your family?
- Your work?
- Your clients?
- Your colleagues?
- Your boss?
- Your house?
- The weather?
- The traffic?
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Snapshot analysis: take the top 3:

1 \_\_\_\_\_

- How much is it REALLY bothering you?
- How LONG have you been complaining about it?
- How TRUE is it?
- WHO do you complain to, perpetuating it? Others? YOURSELF?
- What have you done to try and resolve it?
- What do you want to do now?

2 \_\_\_\_\_

- How much is it REALLY bothering you?
- How LONG have you been complaining about it?
- How TRUE is it?
- WHO do you complain to, perpetuating it? Others? YOURSELF?
- What have you done to try and resolve it?
- What do you want to do now?

3 \_\_\_\_\_

- How much is it REALLY bothering you?
- How LONG have you been complaining about it?
- How TRUE is it?
- WHO do you complain to, perpetuating it? Others? YOURSELF?
- What have you done to try and resolve it?
- What do you want to do now?

What themes do you notice in your answers? What patterns are popping up?

If you want to dive deeper on a specific complaint go grab Worksheet 2!

Great job!

A handwritten signature in cursive script that reads "Louise". The signature is written in black ink and has a stylized, flowing appearance with a long horizontal stroke at the bottom.