

DON'T WHINE, JUST SHINE!



Complaining and venting might feel right in the moment, but they ultimately **reinforce negativity** and **slow our progress**. Instead, turn to these **TOOLS**:

- **Pray** about the situation.
- **Reframe.** Try to identify lessons or silver linings.
- Put the situation into **perspective**. Will this matter in a month? In five years?
- Identify something **concrete** you can do to resolve the situation.

Don't use complaints as the basis for conversations. There are so many better things to do with our time together. Instead, try these **TOOLS**:

- **Ask questions** that deepen your relationships.
- Focus on a **positive** and **uplifting** topic.
- Talk to the people you're angry with rather than complaining about them. Extend **grace and forgiveness**.

Do everything without grumbling or arguing, so that you may become blameless and pure, "children of God without fault in a warped and crooked generation." Then you will shine among them like stars in the sky as you hold firmly to the word of life.

Philippians 2:14-16 (NIV)