

# thought for today

## **Choosing Our Thoughts**

**I read an excellent book called *A Complaint Free World*. In this book the author, Will Bowen, tells about his experiment in trying to become free of complaints, gossip, and criticism in his life. He is a minister in St. Louis, Missouri. He had his parishioners try it, and they had their families and friends try it, and other churches started hearing about it, and now three years later over 5 million people have tried it. Wow!**

**He had a really simple idea that helped him remember his goal. He wore a purple vinyl bracelet on his arm. When he slipped and said something negative he had to switch the bracelet to the other wrist. If he could go 21 days without having to switch his bracelet, he figured being a positive person would then be a habit.**

**It tried it. It is harder than you think. I am a pretty positive person, but I flunked within the**

first hour. My little poodle became my main teacher. I did not realize how many times I called him a yappy little beast or an obnoxious little critter just because he likes to communicate by barking. He starts barking ten minutes before my alarm goes off. He likes to be in control. I had to train myself to call him my little buddy when he started.

The bracelet was a powerful reminder. I realized how much little snippy remarks were a part of my own daily yapping. If someone ahead of me in traffic was a little slow, I had a snippy remark. If my son rolled his eyes, I had a snippy remark.

My husband and I tried the bracelets together. By the end of the first week we had both become silent rather than have to switch our bracelets. We finally learned a whole new way of communicating.

Now, lest you think we are just two very negative people, let me tell you my friends and I call my husband Saint Steven. I am known for my upbeat, even perky, disposition.

I learned a lot from this exercise. I plan to go back to the bracelet periodically to check in with my positive character.

Every time we open our mouths we create something that goes out into the world. We build our world with our thoughts and our

**attitudes.**

**I wonder how much my little dog suffered from my comments about his yappiness? I appreciate him a lot more now that I call him my little buddy. I have always loved him, but now we both know it. I also tell my husband a lot more often that I love him, and mention things about him that I like.**

**Relationships work a lot better if you dwell on what is right rather than what is wrong.**

**Do yourself a favor and read this little book.**

**You can get it at the bookstore, or go to [www.acomplaintfreeworld.org](http://www.acomplaintfreeworld.org) and order several bracelets and the book.**

**You will love the book. Will Bowen has a gift for telling a good story and making a good point.**

**Blessings,  
Kathy O'Dell**