

WHY SPEAKING YOUR MIND SHOULD NOT BE ENCOURAGED

While we can all likely agree that people who complain are not people we would prefer to spend time with, the average person has been found to complain anywhere from 15-30 times per day.



We Speak Our Mind To Seek Validation

For the most part, we whine about something because we are facing a challenge. Maybe your co-worker isn't pulling his/her weight on a project, or perhaps a waiter was rude and didn't provide good service.



But No One Likes A Whiner

While it may feel good *to you* to vent about things you dislike, or ramble on about a concern that only pertains to you, the people around you probably aren't sharing that feeling.

SPEAK YOUR MIND ONLY WHEN YOU PLAN TO CONTRIBUTE

We want you to change the world! And, yes, we want you to speak your mind. However, you should only talk if you've already **processed** the situation and **thought about** the actions you want to take. Bite your tongue if you have no idea how to make things better.

Here's a cheat sheet:

DON'T bring up the issue if it's something out of your ability to fix - this would be the equivalent of complaining about it. Instead, think about who to tell and tell them the ideal results you want to see.

DON'T just speak out and complain right away after you spot a problem. Remember, truths are hard to accept - especially the harsh truths!

DO bring up the issue if it's something you have the ability to improve or even fix it. And if you can't do it on your own, propose solutions or ways to handle it to those who would be willing.

DO bring up the issue if you've thought about it first.

At the end of the day, there's a big difference in recognizing a problem and striving to resolve it, and seeing an issue and complaining about it. Think things through and don't speak without thinking. *Let us know how you plan to start!*

