



ARTICLE WRITING

Why you shouldn't complain and how to start changing your habit?

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Have you ever looked or read about millionaires and thought about how they live and how they do their job? Is there anything different that they do from “normal” people? Is there something that we can learn from them? Let me share you one specific thing that everyone else does, but not the successful people. And if you want to become one, you must stop doing it. Once you read this article, you will understand the difference in the mind set. You have to get rid of it, as soon as possible – seriously, it can only cause harm to you.

So what is that? Believe it or not, it is **COMPLAINING!** Seriously, have you ever seen a millionaire complaining around? Sure, they are millionaires, why would they complain, I get that. But here is something to make you think: They don't complain because they are millionaires, or they become millionaires because they don't complain? What comes first?

Well, this is no longer a dilemma. In a book by T. Harv Eker “Secrets of the Millionaire Mind” published February 2015, the author identifies a seemingly harmless daily habit average people engage in that the rich refuse to: **complain!** He was researching the concept of the “Millionaire Mind” and a collection of “mental attitudes that facilitate wealth” and complain was one of the habit that requires change in the mind set.

“When you complain, you're focusing on what is wrong with your life — and what you focus on tends to expand”, Harv Eker. His point is that successfully people don't spend too much time on failures. They fail (of course), learn the lesson from it and move on. No point in spending vast of your energy thinking on “what if” scenarios. Past is in the past, and you should keep looking forward.

And to be honest, it has sense. We live in time where there are plenty of problems to complain about. On a **global** level, we live in a time where the unemployment rate is high, or some big corporation decided to move its operations off-shore, or there is global warming coming up or there is high increase on population. On a **local** level, you might have even more problems – not paying customers, company operational problems, liquidity, change in the need of your market (I am sure you can think create a large list of them). But even on **individual** level, there is always something wrong or that can be done better – not enough time, hard to find the right partner, not sure how you will survive till the end of the month. Seriously I can build a large list of problems that you can complain.

Now comes the key thing – try to replace the word “Problem” with the word “Opportunity”. This switch in the mind set changes everything. The high unemployment rate is perfect opportunity to start service oriented company and get a good employees available. The global warming is an opportunity to find a solution that can save the plant (and make you a millionaire while doing so). Do you start to get the point? Can you find a solution for some of the operational problems or the new opportunity in the market? And even on individual level, looking at the problems as opportunity gives you a different perspective. Can you now reflect on all your problems and try to look at them as opportunities? If so,



what changed from 15 min ago? Has this new “way of thinking” gave you a new perspective in live? I truly hope so.

Now, how can this change your life? Next time when you think of complaining about something, think about this article and stop. Reflect what the problem is, and try to think it as opportunity - what opportunities can emerge in order to solve your problem. Are there many other people that have the same problem? Can your solution help others as well? If so, congratulations, you have a potential for good business.

But why stop it here? Let’s take it step further. In addition to your problems, have you thought about hearing other people’s complaints? You should start actively listening for other people complaints and that should be your source of opportunities for new business. They will complain a lot – and it is up to you whether you will join them, or put on the “millionaire hat” and start looking or opportunities? I bet that you can find quite good business just from active listening of peer complaints.

Here is quick 4 step guide you should have in mind during conversations. The process should not take more than 30seconds:

1. Actively listen to what other people complain about
2. For each complain quickly try to think about what is the problem (the core of the problem, not a symptom)
3. If you found the problem, consider if there are many people with the same problem? Is it worth it pursuing?
4. If yes, then you have a problem that needs to be solved. Write it down and dedicate time to solve it as good as possible, and if the solution is good, you have a product/service that satisfy client’s needs.

If you’ve managed to transform a negative habit of complaining around into active listening for opportunities, you are step closer to become successful.

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Reference:

Article from Business Insider that supports the thesis of Millionaires without complaint [Link](#)

The book "Secrets of the Millionaire Mind: Mastering the Inner Game of Wealth" [Link](#)

Another similar article by Inc. [Link](#)

Rich habits article [Link](#)

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