

No Complaints Day Challenge

Imagine a day with no complaints: None about you, your family, job, colleagues, friends, politics, news, customers, war, economy, global warming, Obama, Republicans, Democrats, weather, bad service, game invitations on Facebook, no smoking laws, smokers, late people, arrogant people, health issues, etc just really ANYTHING!

I invite you to join us for one day of discovery and peace

**Tuesday, August 12th - 12:00am
24 hours
No Complaints About Anything**

August 12th is my mom's birthday and I created this day to be in honor and memory of her.

The goal of this game is NOT for everyone to be perfect-so don't worry if you fail. The intention is to just 'play' the game and to have fun with it.

If you have people around you playing along it will be more fun automatically. Through the day just notice and observe all the times you want to complain. Also be very aware if the voice in your head starts complaining that you can't complain outwardly 'cuz I'm playing this game'.

Obviously there are times when complaining may be appropriate (ex. bad service in a restaurant). However for this one day we are just letting it all go.

So be light about it and when you notice you're complaining just stop and continue on through the rest of your enjoyable day! Thanks, Joe Kirin

To Join visit our Website: www.nocomplaintsdaychallenge.com

Congratulations, you will make a difference for yourself and others!