



2nd Annual

No Complaints Day Challenge

An Incredible and Radical Event - No Complaints for an ENTIRE DAY

Wednesday – 12 August, 2015



HELPFUL TIPS TO SURVIVE THE NO COMPLAINTS DAY CHALLENGE

These helpful tips may help you in giving up your complaints easier.

- Play to have fun. This challenge is to have fun with it. If you're trying to be perfect then you'll likely not enjoy the game or you just might not play at all—either way you will not have any fun.
- Invite others to join in. If you have people around you playing along it will be more fun automatically.
- Tell people around you that you've taken the challenge and if they hear you complaining, they should remind you to stop, and then you should stop, let it go, and start playing again.
- Observe your complaints. 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'.
- So be light about it and play, and when you notice you're complaining just stop and continue on through the rest of your enjoyable day!

Thanks!

Visit the No Complaints Day Challenge website at: <http://nocomplaintsdaychallenge.com/>