



2<sup>nd</sup> Annual

# No Complaints Day Challenge

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

**Wednesday – 12 August, 2015**



Here is a tip you can use to help you give up your complaints

During the game many of us will likely have a complaint(s) come up. Now you don't want to get into the struggle of analyzing your complaint and judging whether you should have it or not. That could be stressful.

This tip, called “**Table the Complaint**” will help you move quickly through the complaint.

When you notice the complaint is there, simply visualize grabbing and removing the complaint from your head and placing it down on a table. Now the complaint is still there and it is not going away but is just resting there on the table. Later after the game completes, you can choose whether to pick it back up or just leave it there.

Have an amazing day!

Thanks!

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