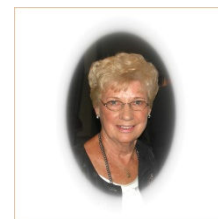




2<sup>nd</sup> Annual

# No Complaints Day Challenge

An Incredible and Radical Event - No Complaints for an ENTIRE DAY  
**Wednesday – August 12, 2015**



## What would you do if for one day complaining wasn't an option?

Imagine a day where you had no complaints about anything—none about you, your family, job, colleagues, friends, your boss, politics, news, husband/wife, racism, Obama, Republicans, Democrats, global warming, the summer, Trump, invitations on Facebook, no smoking laws, smokers, late people, arrogant people, health issues, etc. really ANYTHING!

I created this challenge in honor and in memory of my mom, Marion who passed away on April 3<sup>rd</sup> 2014. August 12<sup>th</sup> is her Birthday. She was the kind of person who faced her health challenges with little or no complaining and always took them head on. She inspired me and others to not let your complaints or circumstances get in your way of living a full life.

### The Game: No Complaints Day Challenge | August 12

#### Rules of the Challenge:

- August 12<sup>th</sup>, 24 hours no complaints/complaining. (Yes, the ones in your head too!)
- If you complain, just stop, let it go, and start over\*.
- Don't call other people out on complaining.
- If a situation arises where the right thing to do is to complain, then do that. Once completed return to the game.
- Have fun!

\*The goal of the challenge is NOT to be perfect but just rather to play full out. So it's ok to fail because no one is ever disqualified. Just 'play' the game of 'not complaining' and have fun with it.

#### To participate, join our event at:

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

WGN-TV feature: <http://wgntv.com/2014/08/12/what-would-it-be-like-if-people-didnt-complain/>

Thank you!  
Joe Kirin