

## EVENT

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3<sup>rd</sup> Annual

# “No Complaints Day” Challenge

An Incredible and Radical Event - No Complaints for an ENTIRE DAY  
**Friday - August 12<sup>th</sup> 2016**

**UGH! COMPLAINTS!!**

Hi,

Today more than ever doesn't it seem like there are way more complaints than we've ever had—call it Complaint Overload.

How about having at least one day that is peaceful and enjoyable?

Yes? Then join us for “No Complaints Day”

The “No Complaints Day” Challenge was created in honor of my mother, Marion Kirin, and August 12 is her birthday. She faced her health challenges with little or no complaining until the very end and inspired me and many others to live a full life and not let complaints or circumstances get in the way of enjoying life. Please join me and others for our 3<sup>rd</sup> annual challenge.

### **The Game: No Complaints for 24 Hours**

#### **Game Rules:**

- On August 12, for 24 hours, no complaints/complaining. (Also includes complaints in your head!)
- If you slip up and complain, just stop, let it go, and start over.
- Have fun and enjoy a more peaceful day

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

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

Thank you!  
Joe Kirin