



NO NEGATIVES CHALLENGE

Step by Step process and how it works.

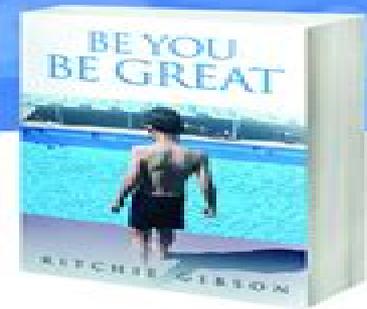
01



No Complaining, Criticizing or Gossiping for 7 days in a row.

02

If you do find yourself complaining, criticizing or gossiping, your get out of jail free card is using the word 'Unless'. You are allowed to use the word 'Unless' once a day. This forces you to think of solutions when complaining, and by using the word unless, you are ultimately turning a negative complaint into a positive solution.



03

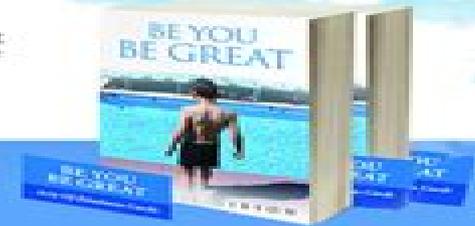
Every time you catch yourself having a bitch or whine, and you have used the word unless once for that day, you must put a dollar or two into the No Negatives money box. Then the start of your 7 days starts again. You must not complain, criticize or gossip for 7 days straight. Anytime you catch yourself, doing one of the three, you must start all over again.



04

After you have completed a consecutive week with no-complaining, criticizing or gossiping, see how much money you have accumulated in your No Negatives money box and offer that money as well as the Be You, Be Great, Acts of Kindness card stuck to the inside back cover of the book to someone that you think may appreciate it and will also pay it forward again.

You can also purchase the Acts Of Kindness Cards from www.beyoubegreat.net



05

The money used for the act of kindness can be diverse and ambiguous; It's completely up to you.

06



As the initial card holder or Be You, Be Great, "Visionary", you are the first person in the chain, and your random act of kindness and the card, are then passed on & hopefully, the next person will do the same.

07



Each card has a unique code and number and 'once registered into the Be You, Be Great, website (www.beyoubegreat.net) it geo locates where you are, drops a pin onto a map and you are then able to watch how your act of kindness spreads around the world.

08



You will be rewarded more than once for your efforts. Not only will you have gone 7 days without complaining, but you will have also affected someone else's life in a positive way.

09



Any complaining, criticizing and gossiping will be replaced with positivity & optimism.

10 It is not a mandatory field, however if you get a minute, please write down what the act of kindness was that you received. We all want to know how you made someone's day!



No Negatives

RD Boyd



No Negatives:

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