



Experiment in Thankfulness

Challenge: To abstain from all complaining for 30 days beginning on November 1st.

Purpose: To become less critical, more thankful and create an awareness of how blessed we truly are.

We live in a world often surrounded by negativity and criticalness. This spirit of contention and strife is contagious and we often don't realize how cynical and ungrateful we have become.

The Experiment in Thankfulness asks the questions?: What would happen to my attitude and outlook on life if I stopped dwelling on what is wrong or bad and made an intentional effort to focus on what is right or good? Just how blessed am I and how has my poor attitude blinded me to the truly good things in life? The answers to those questions may surprise you.

Are you up for the challenge? Do you have the courage to change your way of thinking? Join many others in accepting the challenge. You might find blessings you didn't know you had, and you just might become a blessing you didn't know you could be.

How to take the challenge:

Option 1: Facebook Users:

1. In the search bar type in "Experiment in Thankfulness".
2. Go to the page and click the "like" button.

Option 2: Everyone Else:

1. Tell two or more people that you are taking the challenge.
2. Ask them to join with you or keep you accountable.

You have nothing to lose but negativity.



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