



Are you a crap magnet?

Or Do you wish to Create & Have **BETTER DAYS** this year?

Better days give you a better week, a better week gives you a better month, then a better year therefore a better life. One of the things I have realized in the world is, people complain a lot. And the more you complain, the more you become a crap magnet.

You attract more crap to you because, people who complain like to go to people who complain. So, [your complaining will attract people with negative stuff and that negative energy can't be good for you](#). It's poison for your system and soul.

Think about it, complaining about life and its hardships is counter-productive. [Life is about going above life's challenges](#). You want to grow, obviously you got to put in some work and go through some hardships. You got to honor the journey and know that, effort and hard work are necessary. You'll struggle a bit, find challenges, be delayed and you'll be let down but, honor the struggle and see it as a positive thing.

It is positive for you to grow and be able to grow through the challenges but, complaining doesn't help. Complaining about the pain or struggle is counter-productive. [When you go about complaining, positive people who want to make a difference will not want to hang out with you](#) and therefore, you'll hang out with negative people. What will that do to you?

Well, you won't grow, you won't have people to support you and, you won't also have people to challenge you. Therefore, you can't move or create your dreams or the life that you want.

I am aware that life isn't easy but, we all have to do what we have to. Our job is to make the best of life and find deep inside ourselves the most positive thing we can do to help us rise above the challenges. Learn not to complain about the inevitable stuff or hardships, they are what will improve you. Complaining doesn't make challenges easier. Complaining about them means, you're chasing the wrong thing.



For the next 7 days, I want you to be complaint free. This challenge will change your life. I Am challenging you not to complain about nothing this week. Don't complain about the jam, transport, kids, spouse, nothing. Just be in a happy positive feel this week and see how it'll change your life. Compare going through the day complaining and going through the day being grateful, much more positive & learning then, take note of how you feel at the end of each day.

You'll notice that, at the end of one of the days, you'll have more energy, feel better and you'll be energized to pursue your dreams. Go through the next 7 days' complaint free and share with us through our social media pages how your week has gone.