

# complainers be like...

"This day never ends. People don't know how to drive anymore.  
Kids have no respect for elders. It's always hot here in Kuwait.  
My boss is so arrogant. I do all the work all the time..."

THE VOICE TRAILS OFF AS YOU START TO PULL YOUR HAIR APART.

You are enjoying your day, until you meet someone and all they do is complain, complain, and complain. Suddenly you can't think straight anymore. Your mood sinks and your energy is gone.

## DID YOU KNOW THAT COMPLAINING

### IS HIGHLY CONTAGIOUS

When you complain... you get a lot more to complain about! What we bring to our attention becomes our reality. It is like focusing on white cars. Pretty soon, you'll see white cars all over the place.

### MAKES US HOPELESS

Complaining sucks out our energy.

### DAMAGES OUR BRAIN

It damages the brain, literally. Negativity damages neurons in the hippocampus, the part of the brain used for problem solving.

### BECOMES A HABIT

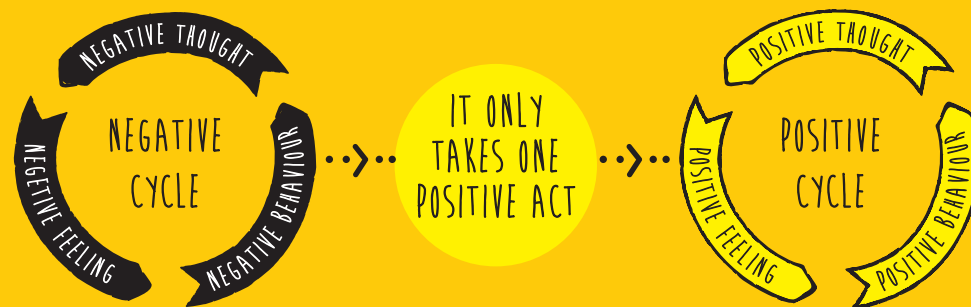
It becomes a habit, the more you focus on the negative, the harder it gets to switch into a positive mindset.

Flip this page to see how you can get #ontheyellowside and fix all your complaints.

To read more about it, visit:  
[www.alnowair.com/ontheyellowside](http://www.alnowair.com/ontheyellowside)

# yellow <sup>#onthe</sup> ~~side~~




When we have negative thoughts, we start to feel negative and that leads to negative behavior, which is complaining. When you replace your negative thought with a positive act, you get #ontheyellowside.



## TAKE THE YELLOW BAND CHALLENGE

For the next 21 days wear the Yellow Band and follow these rules.

### CHALLENGE RULES

- 1 The yellow band has two sides; the yellow for positivity, the black for negativity. 
- 2 When you complain, you flip the band to the black side. 
- 3 Only when you do a positive act you can flip it back to the yellow side. 
- 4 The challenge is to stay #ontheyellowside for 21 days!
- 5 Inspire others and share your stories how you flipped back to the yellow side at #ontheyellowside and you might win an amazing prize.



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For ideas on how to stay #ontheyellowside visit:  
[www.alnowair.com/ontheyellowside](http://www.alnowair.com/ontheyellowside)