

# TELL ME SOMETHIN' GOOD!

## 30-Day Challenge



# WELCOME!

Welcome to the *Tell Me Somethin' Good* 30-Day Challenge! I applaud you for taking proactive steps to overcome the negativity in your life. Whether you are personally struggling with negativity or helping someone else deal with their challenge, you are in the right place.

Research shows that we can develop a habit in 21 days. We don't want to take any chances, so we've stretched it to 30 days just to be safe!

For the past two decades, I have been encouraging audiences around the world to enhance the conversation by challenging others with *Tell Me Somethin' Good*. By incorporating this simple phrase into a broader strategy to overcome negativity, we can have a significant impact on ourselves and those around us.

Here are some things you can do to help make this challenge successful for you:

(1) If you have not done so yet, read the *Tell Me Somethin' Good* book in its entirety. Since the brain likes a story and the book is written in the fable format, you'll have the chance to see how the lessons apply in the lives of the book's characters.

(2) Make your daily effort a priority in your life. Start your day setting personal goals with this material and end your day analyzing your progress.

(3) Don't allow the simplicity of the tasks to keep you from doing them. The secret to the entire process is in the simplicity of the tasks.

It's time to get to work. Enjoy the next 30 days on your simple journey to a more positive life!

Enthusiastically,

*Clint Swindall*

Author, *Tell Me Somethin' Good*!

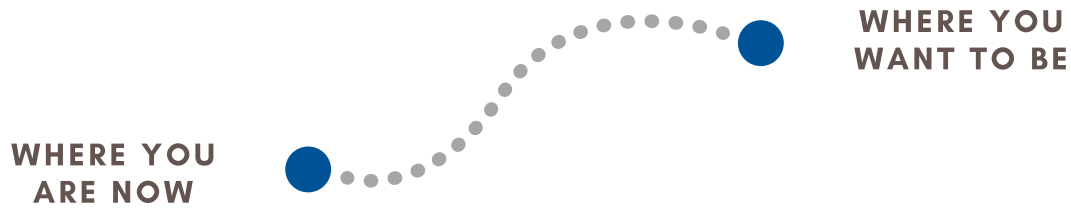


## JOIN US EVERY WEEK FOR THE TELL ME SOMETHIN' GOOD! PODCAST

AVAILABLE WHEREVER YOU GET YOUR PODCASTS, OR  
LISTEN ONLINE AT [WWW.CLINTSWINDALL.COM](http://WWW.CLINTSWINDALL.COM).



## A CURRENT VIEW



01. Think about the bad stuff you've experienced this week, month or year. List those items that had the biggest impact in your life.

02. Now, think about your reaction to the bad stuff. How did you process it when it happened?

03. Now, consider what you learned in the *Tell Me Somethin' Good* book. What is the one thing you believe can have the greatest impact on you?

# A PERSONAL ASSESSMENT

Let's begin with an honest personal assessment. With 10 being the best and 1 being the worst, score yourself on the following six questions. Circle your score, add them together, and place your score on the "total" line.

- |  |   |   |   |   |   |   |   |   |   |    |
|--|---|---|---|---|---|---|---|---|---|----|
| 01. On a scale of 1 to 10... How good are you at avoiding the habit of wallowing around in the crud with constant complaining?           | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 02. On a scale of 1 to 10... How good are you at surrounding yourself with inspiration by initiating relationships with positive people? | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 03. On a scale of 1 to 10... How good are you at controlling what information you consume by managing your information flow?             | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 04. On a scale of 1 to 10... How good are you at choosing to see challenges in a more positive manner by reframing the bad stuff?        | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 05. On a scale of 1 to 10... How good are you at appreciating the blessings in your life by actively looking for the good stuff?         | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 06. On a scale of 1 to 10... How good are you at enhancing the conversation by using the Tell Me Somethin' Good greeting?                | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**TOTAL:** \_\_\_\_\_

## WHAT YOUR SCORE MEANS

- 6 TO 24** You are at the right place! You have some work to do to overcome the negativity in your life. This 30-Day Challenge will help get you there!
- 25 TO 42** You are right about where most people are when it comes to dealing with negativity. Welcome to the 30-Day Challenge!
- 43 TO 60** Congratulations on dealing well with the negativity in your life. You can identify some simple ways to get even better!

## A "SIMPLE" APPROACH

S

### **Stop Wallowing Around in the Crud**

We get to choose our reaction when bad stuff happens in our lives. We can *choose* to process it in a healthy way and move on, or we can *choose* to wallow around in it. Stop wallowing around in the crud!

I

### **Initiate Relationships with Positive People**

One of the most important decisions we make in life is who we choose to be around. Since we become like the people we're around, we need to initiate relationships with positive people.

M

### **Manage Your Information Flow**

The amount of information we consume daily is enormous. In order to overcome negativity, we must make proper decisions about what information we will (and will not) consume.

P

### **Proactively Reframe the Bad Stuff**

Bad stuff is bad stuff because we labeled it bad stuff. Nothing that happens to us has inherent meaning. We give it meaning. If we frame it negative, we can reframe it to something positive.

L

### **Look for the Good Stuff**

One of the reasons some people feel overwhelmed by negativity is they don't spend enough time appreciating the good stuff in their life. To overcome negativity, we need to look for the good stuff.

E

### **Enhance the Conversation**

Our standard greeting is "How are you doing?" Nothing good comes from this open-ended question. Instead, we need to enhance the conversation by challenging others with *Tell Me Somethin' Good!*

# THE TWELVE BEHAVIORS SUMMARY

## Stop Wallowing Around in the Crud

Keep your crud in perspective

Give yourself a time limit to immerse yourself in the crud

## Initiate Relationships with Positive People

Filter out the unreasonably negative people in your life

Dedicate time to the exceptionally positive people in your life

## Manage Your Information Flow

Search out positive content for encouragement

Disconnect from negative content

## Proactively Reframe the Bad Stuff

Say "good" to the bad

Ask "reframing" questions

## Look for the Good Stuff

Stop comparing yourself to others

Count your collective blessings

## Enhance the Conversation

Eliminate the open-ended "How are you doing?" greeting

Transition to the "Tell Me Somethin' Good!" greeting

## DAILY ACTIVITIES

# DAILY TASKS TO INCORPORATE

Below is a list of items you are encouraged to do every day. You can do a few every day, or as many as you'd like. The more you do (and the more often you do them), the more likely they will become a habit.

If you really want to overcome negativity, you are encouraged to do each one, every day. At a minimum, commit to doing 10 of the 20 items. Start each day with a fresh copy of this form. Spend a few minutes identifying which tasks you'll attempt to complete.

- ☐ **01.** Commit to not consuming any news (TV or online) for the first 15 minutes of your day.
- ☐ **02.** Read a positive message (either a book or online) for at least 15 minutes in the morning.
- ☐ **03.** Identify one thing to which you are looking forward today.
- ☐ **04.** Listen to a positive podcast for at least 15 minutes on your commute to work.
- ☐ **05.** Greet at least one person at work today with "*Tell Me Somethin' Good!*"
- ☐ **06.** Commit to limiting social media browsing to 30 minutes today.
- ☐ **07.** Identify one bad thing during the day you can reframe to "good."
- ☐ **08.** Schedule a conversation with one exceptionally positive person.
- ☐ **09.** Send a text message to one person telling them how much you appreciate them.
- ☐ **10.** Identify a negative person you need to limit your exposure to and do it.
- ☐ **11.** In the middle of a challenge today, ask yourself if it will matter in a week.
- ☐ **12.** If you compare yourself to someone today, identify one blessing you have that he/she doesn't.
- ☐ **13.** Identify one time today where you consciously resisted the urge to share negativity with others.
- ☐ **14.** In the middle of a challenge today, identify a time limit to wallow and keep to your limit.
- ☐ **15.** Listen to a positive podcast for at least 15 minutes on your commute home.
- ☐ **16.** Greet at least one person at home today with "*Tell Me Somethin' Good!*"
- ☐ **17.** Commit to not consuming any news (TV or online) an hour before you go to bed.
- ☐ **18.** Read a positive message (either a book or online) for at least 15 minutes before you go to bed.
- ☐ **19.** As you wrap up your day, write down three things for which you are exceptionally thankful.
- ☐ **20.** Get in bed at a time that will allow a minimum of seven hours of sleep.

At the end of each day, spend a few minutes identifying which tasks you completed. Check off those items you completed, and give yourself a point for each item:

List Total: \_\_\_\_\_

Now, consider any other ways you went above and beyond in your efforts. Maybe you greeted multiple people with *Tell Me Somethin' Good!* Maybe you read for much longer than 15 minutes. Maybe you stopped yourself from being excessively pessimistic about something today. Consider it all, and give yourself the appropriate amount of points for each of those items.

Daily Total: \_\_\_\_\_

Now, transfer your total for the day to your 30-Day Tracker on the next page.





DAILY ACTIVITIES

# 30-DAY TRACKER

To track your progress, write in your Daily Total at the end of each day. At the end of the 30-Day Challenge, you will be able to see the impact your effort has made.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
DAY 13	DAY 14	DAY 15	DAY 16	DAY 17	DAY 18
DAY 19	DAY 20	DAY 21	DAY 22	DAY 23	DAY 24
DAY 25	DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

**Add up your score! and see where you fall: \_\_\_\_\_**

- |           |  |
|-----------|--|
| 150 - 350 | You are making progress. Stay focused and continue for another 30 days to increase your score. |
| 351 - 550 | You are contributing to a positive culture at home and work. Great job!                        |
| 551 - 750 | You are a Rockstar. Now, take what you've learned and help others overcome negativity!         |





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Overcoming negativity  
in your life is a choice.  
Choose well.

CLINT SWINDALL



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# SUGGESTED POSITIVE PODCASTS

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## **Win Make Give with Ben Kinney**

The Win Make Give Podcast with Ben Kinney teaches you how to WIN at life and MAKE more money to be able to GIVE generously of your resources, time and talents. Great interviews and discussions.

[LEARN MORE](#)



## **Be Positive I Stay Positive Podcast**

Success means something different to everyone. Wealth, happiness and love are the most common life successes. This podcast will guide you to positivity and happiness.

[LEARN MORE](#)



## **The Jordan Harbinger Show**

This show digs into the untapped wisdom of the world's top performers. They interview the most successful people on earth in this podcast to help you demystify what they do and how they do it.

[LEARN MORE](#)



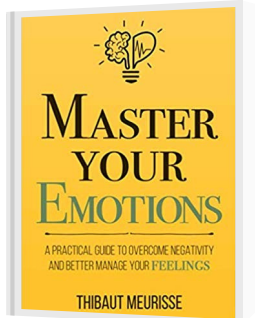
## **Tell Me Somethin' Good Podcast**

If you are tired of the negativity in this world and want to spend some time being educated, entertained, and inspired by focusing on the good stuff, this podcast is for you.

[LEARN MORE](#)

# SUGGESTED POSITIVE READINGS

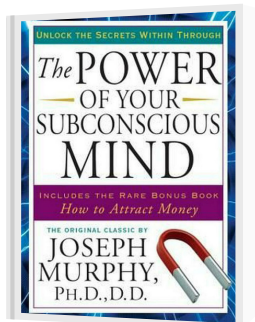
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## **Master Your Emotions**

This is the 'how-to' manual your parents should have given you at birth. You'll learn a step-by-step process to deal with negative emotions so you can live a happier, more fulfilling life. Audiobook is available.

[LEARN MORE](#)



## **The Power of Your Subconscious Mind**

This book gives you the tools you will need to unlock the awesome powers of your subconscious mind. You can improve your relationships, your finances, and your physical well-being. Audiobook is available.

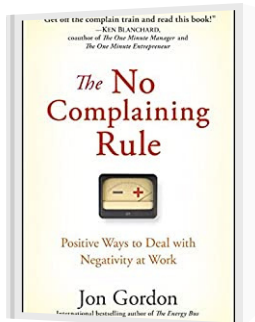
[LEARN MORE](#)



## **Tell Me Somethin' Good!**

If you received this 30-day challenge before reading the book, click on the button to the right to get your copy. It's a simple guide to overcoming negativity, shared in the form of a fable. Audiobook is available.

[LEARN MORE](#)



## **The No Complaining Rule**

In this book, speaker, trainer, consultant, and author Jon Gordon shares an enlightening story that demonstrates how you can conquer negativity. Audiobook is available.

[LEARN MORE](#)

# PRODUCTS TO REINFORCE THE MESSAGE

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[SHOP NOW](#)



# READY FOR THE NEXT LEVEL?



I'm opening the doors to my exclusive 12-week, one-on-one **Life Matters** personal coaching program for those who want to take their personal development to a new level.

And since you've completed the challenge, I think you could be a perfect fit!

E-MAIL ME DIRECTLY AT  
[CLINT@VERBALOCITY.COM](mailto:CLINT@VERBALOCITY.COM)  
TO FIND OUT MORE



Most people allow their personal development to be the random book, random class, or random training. You owe it to yourself to get past the frustration of random development. Consistent coaching will do that, and I'd love to be your coach.

*Clint Swindall*