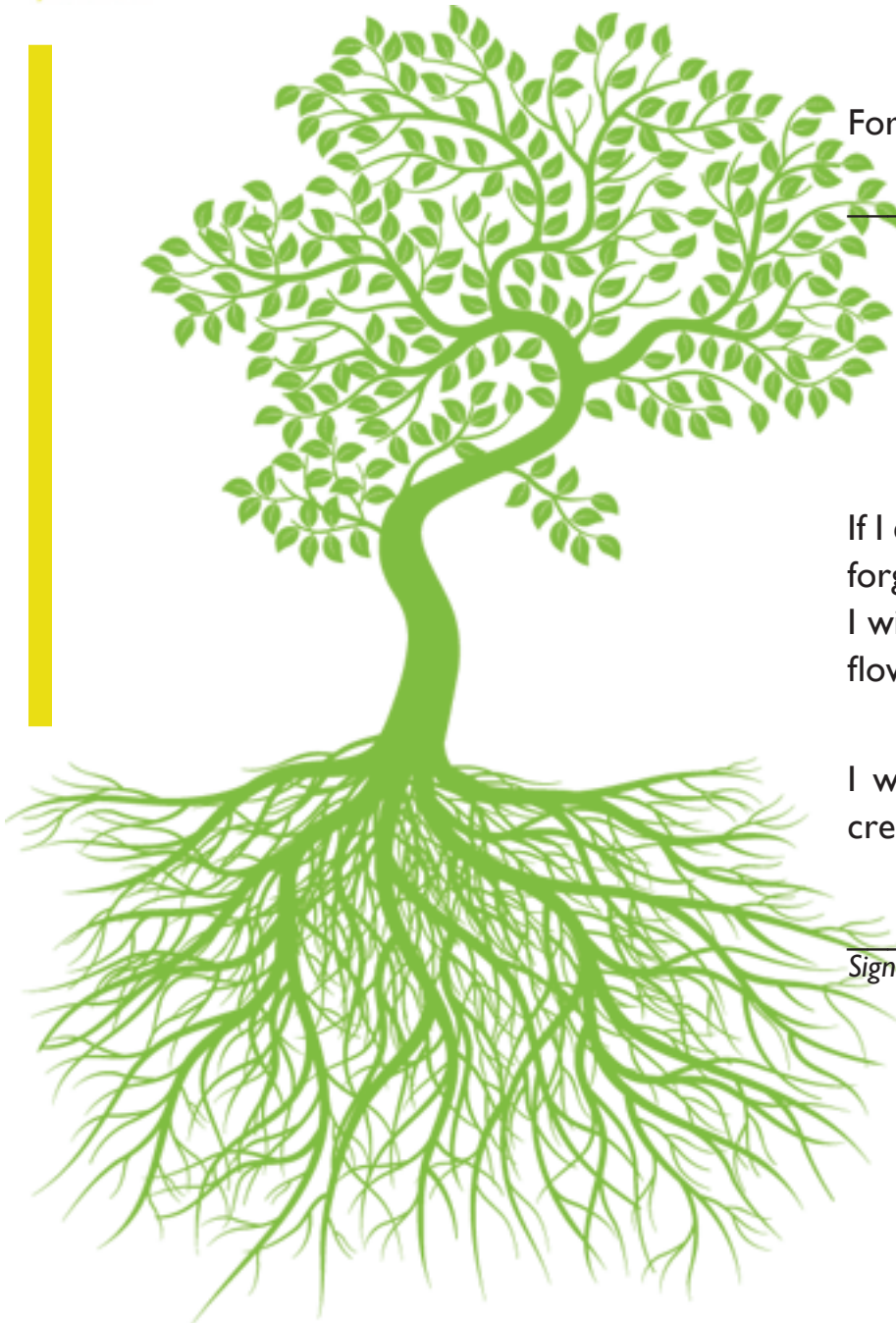


Complaint-Free Contract



For the 49-day period, starting on _____ and ending on _____, I, _____,

hereby commit to **uplevel my life** by giving up the following:

complaining, criticizing, gossiping and whining.

If I catch myself in the act, I will remind myself that I signed this contract, forgive myself, and remember to breathe and move away from negativity. I will remember the power of my attention, and remind myself “Energy flows where attention goes!”

I will then start over from Day One, and begin again! In this way, I creatively build my dreams and attract harmony, beauty, and success.

Signature

Date