

# *Complaint-Free Contract*

For this 21-day period, beginning on \_\_\_\_\_

I, \_\_\_\_\_ hereby commit to

*Enriching My Life* by letting go of

*complaining, criticizing, gossiping, and whining.*

If I catch myself in the act, I will remember that I signed this contract, breathe deeply, forgive myself, and move away from negativity.

I will use my power of intention as I know that  
*Energy flows where my attention goes.*

I will begin again from Day One, and re-commit to completing 21 days of a complaint-free life.

In this way I creatively build my dreams attracting harmony, beauty, and fulfillment.



*Ruby*  *Wellness*  
ACADEMY

---

SIGNATURE.