

## WHINE-FREE CONTRACT

For the 30 day period, beginning on \_\_\_\_\_ and ending on \_\_\_\_\_,

I, \_\_\_\_\_, hereby commit to giving up the following:

**whining, moaning, complaining, bitching, back-biting, and gossiping.**

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 then start over from Day One, and begin again! In this way, I live in Serenity and creatively build my dreams I can Live MY Life, Do MY Thing, Have MY Cake!

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date