

complaint free contract

I know that each time I complain, criticize, gossip or whine, I'm robbing myself of limited, precious energy and time that otherwise I could devote to my creativity, my work, or to just BEing.

Therefore, for the duration of the *KICKSTART Your Teaching Program and Blueprint*, I hereby commit to being complaint, criticize, gossip and whine free.



If I slip into negativity and begin complaining, criticizing, gossiping or whining, I will stop, take a cleansing deep breath, and gently remind myself that I signed this contract.

With this cleansing breath, I will feel more relaxed and in control of who I want to be.

I will remind myself, "Energy flows where attention goes."

Signature

Date