



I've Taken The Pickle* Pledge™

“I will turn every complaint into either a blessing or a constructive suggestion.”

By taking *The Pickle Pledge*, I am promising myself that I will no longer waste my time and energy on blaming, complaining, and gossiping, nor will I commiserate with those who steal my energy with their blaming, complaining, and gossiping.

** So-called because chronic complainers look like they were born with a dill pickle stuck in their mouths.*

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