

# This is a Pickle Free Zone



**PLEASE!**

**Leave your Gossiping,  
Complaining, Criticizing,  
and Toxic Emotional Negativity  
at the door.**

**THANK YOU!**

# I've Taken The Pickle Pledge

**“I will turn every complaint  
into either a blessing or  
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.