

Thoughts, Feelings, and Actions are Related.
Work on your thoughts to create the change you wish to see in your life.
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Invitation: Read the following affirmations about life, decluttering, and money aloud daily for 10 days. Notice how they impact your perspective on life. You are not alone on your decluttering and budgeting journey. Everyone struggles with something.

- I feel fully alive and fulfilled.
- I am worthwhile and worthy regardless of what I do or do not achieve.
- I no longer envy others, rather I acknowledge my own achievements.
- Asking for help when I need it is a sign of my inner strength.
- I am enough, and I have enough.
- My clutter does not define who I am.
- I act rather than procrastinate.
- I am intentional about how I spend and save my money.
- Money is a tool that helps me achieve my goals.
- I declutter with ease.
- Breathing deeply helps me to feel calm and relaxed.
- I am the one I have been waiting for.