

Recognizing negative self-talk

HOW THE WORDS "SHOULD", "NEED TO", AND "HAVE TO" ARE CAUSING YOU CLUTTER & STRESS.



The words you use in relation to a task can cause you to play tug of war with yourself.



As a teen, did you refuse or delay doing tasks you were told to do?



Saying, "I need to do the dishes" gives away your power.



Saying, "I am going to do the dishes" gives you power.

choose words that empower you

WORDS TO STAY AWAY FROM

- *not in control* -

- ✗ I can't
- ✗ I need to
- ✗ I have to
- ✗ I should
- ✗ I want
- ✗ I wish
- ✗ I don't want to
- ✗ I hope
- ✗ I ought to
- ✗ I'm an idiot
- ✗ I must
- ✗ I'm so stupid

REPLACE WITH

- *empowered* -

- ✓ I can
- ✓ I want to
- ✓ I choose to
- ✓ I enjoy
- ✓ I plan to
- ✓ I will
- ✓ I create
- ✓ I intend
- ✓ I'm able to
- ✓ I'm learning
- ✓ It's important
- ✓ I'll do it differently next time



For more support & resources:



ClutterCuttersWA.com & BlueCollarFinancialCoaching.com



For more support & resources:



ClutterCuttersWA.com & BlueCollarFinancialCoaching.com