

RECOGNIZING

negative self talk



Terina Bainter, CPO® COC® ACC
Certified Professional Organizer®

CHOOSE WORDS THAT BUILD YOU UP

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



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?



When you say, "I need to do the dishes," or, "I should get rid of _____," you are giving your power away.



Saying, "I am going to go do the dishes," or "I choose to give away _____," gives you power.

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, visit



cluttercutterwa.com



CLUTTER CUTTERS
EMPOWERING PEOPLE OVER THEIR STUFF