

## *Clutterers Anonymous Affirmations*

*We have found that saying affirmations helps us replace negative thoughts with positive ones. "Take what you like and leave the rest."*

1. I nurture my spirit by surrounding myself with beauty and harmony.
2. I believe I am entitled to surrounding of serenity and order and joyous life.
3. I set reasonable goals, remembering that my first priority is my well-being.
4. I schedule what I can do at a comfortable pace. I rest before I get tired.
5. I allot more time than I need for a task or trip, allowing a comfortable margin for the unexpected.
6. I decide which are the most important things to do first.
7. I do one thing at a time.
8. I schedule quiet time for communing with my Higher Power. Before I accept any new commitments, I first ask for guidance from my Higher Power.
9. I eliminate an activity from my schedule before adding one that demands equivalent time and energy.
10. When I feel overwhelmed, I stop and reconnect with my Higher Power.
11. I allocate space and time for anything new that I bring into my life or home.
12. I simplify my life, believing that when I need a fact or an item it will be available to me.
13. I affirm abundance and prosperity, thus I release the need to hoard.
14. I ask for help if I have any difficulties in working the program.
15. I schedule time for play and rest, refusing to work non-stop.
16. I believe that I can recover from cluttering and use my experience to benefit others.
17. I accept my progress as proceeding in God's time. I know that patience, tolerance, and taking my time aids me in my recovery
18. I am gentle with my efforts, knowing that my new way of living requires much practice.
19. I do not yield to pressure or attempt to pressure others.
20. I realize that I am already where I will always be, in the here and now. I live each moment with serenity, joy and gratitude.