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# 10 NO SPEND AFFIRMATIONS FOR MAKERS

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A list of statements to help you remember your goals to reduce stashing and impulse buying. You can use any of these that apply to you and write them in a journal or location you will see regularly.

- ❖ I have enough materials for the projects I want to make
- ❖ I want to consume materials responsibly
- ❖ There will always be something else beautiful to buy later
- ❖ I will enjoy using the materials I already have
- ❖ I don't have to own something to show appreciation for it
- ❖ I will shop my stash before buying something new
- ❖ I have enough will power to resist sales and offers
- ❖ I don't need to buy \_\_\_ to enjoy my craft
- ❖ I want to have time to pursue all my interests
- ❖ I will enjoy my craft better if my stash is manageable