

I deserve new things

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I deserve to have new and amazing things. I am allowed to buy, use, and have new things. **I am able to enjoy these things and share them freely with others.**

I feel confident that it is okay to replace older things with new ones, even though I strive to be frugal. Things tend to break or wear out over time, and it is normal to replace worn out things.

I take good care of my things, but they still need to be updated every so often. If I want to replace something that is still usable, I give it away to someone that can make good use of it. As they say, "One man's trash is another man's treasure."

I deserve to have the best things that make my life easier and better. I work hard for them, so I enjoy them.

I share my things with family and friends, so others enjoy them too. I am happy to share my wealth with them and feel joy while doing it.

There is an abundance of things in this

universe, so there is plenty to go around.

Today, I realize that I deserve new things. I am worthy of having nice, shiny things that bring me happiness.

Self-Reflection Questions:

1. How can I get over the feeling that I am wasting money whenever I buy something new, especially for myself?
2. How can I balance being frugal with needing to spend money on some things?
3. What can I do to feel worthy of new things and feel enjoyment as I use them?