

Video: 6 Weekly Rituals That Have Completely Changed My Life | it's Chelsea from The Financial Diet, and

this video is sponsored by AMP Bank.

today, as you can probably tell if you are watching this video rather than just

listening to it, I am in a completely new space.

We've moved into my new apartment, which is extremely exciting.

If you follow me on Instagram, you've probably been seeing me

posting a lot of stories about the moving process and the decorating process.

Here are a few of the photos of my space.

For our sake, if you want to see more of that, like I said,

I'd love to DM you over to my Instagram.

I'm gonna be filming here now, which is very exciting.

This is the first space that we found to film.

It might change around a little bit, depending, but I feel pretty good here.

I also encourage you to check out the last video that I made in my old apartment

where we did the big move, where I talk about all of the things that were a good

decision and that were a mistake when living in a 600 square foot apartment.

My apartment that I live in now is about 900 square feet.

I no longer have quite the constraints that I did at that time, but

that that small apartment living taught me has

been extremely useful in a space that's even bigger

check that out, I'll also link you to that in the description.

Today I thought I would talk about something that I absolutely love as

well, but I think often can feel very intimidating or

kind of exclusive, and that is rituals.

Some of the times you'll read articles with beautiful supermodels that talk about



















