

7-DAY MINDFUL SHOPPING RESET

A small pause to decide what is worth bringing home.

ONE SHOPPING CATEGORY TO WATCH THIS WEEK

Necessary purchases are allowed. This is a decision practice, not a ban.

01	NOTICE THE TRIGGER What sent you browsing today?	☐
02	PARK THE WANT Write the item down instead of checking out.	☐
03	SHOP YOUR HOME What do you own that serves the same purpose?	☐
04	CHECK ALTERNATIVES Could you borrow, repair, share, or buy used?	☐
05	COUNT THE FULL COST Include shipping, taxes, supplies, and upkeep.	☐
06	READ THE TERMS Check seller details, returns, and delivery.	☐
07	CHOOSE DELIBERATELY Buy, plan for later, or let the item go.	☐

ONE PURCHASE TO REVIEW

Item and why I want it:	
What I already own or could use:	
Full cost and decision date:	
My choice and next action:	

ONE CHANGE FOR NEXT WEEK