

# I DON'T HAVE FIND TIME FOR THIS!

## Mom-to-Mom Support Group

### **No Spending Challenge**

1. Identify triggers: When do you tend to make impulse purchases (e.g. when stressed, anxious, bored, jealous)?

2. Write down items and prices: Whenever you feel the urge to buy something you don't need, write it on the back of this page.

3. Replace the habit: Instead of buying, choose an alternative activity from the following list:

- Journaling
- Going for a walk
- Listening to a favorite song
- Savoring a cup of coffee or tea
- Taking a bath
- Meditating

4. Track progress: Keep a running total of the amount you would have spent on impulse purchases.

5. Reflect and review: At the end of the two-week challenge, review your progress and reflect on how you've improved your mood and habits.

Remember, the goal is to break the cycle of relying on external fixes and focus on nurturing yourself from the inside out.

No one is holding you accountable, but you! Good luck!

