Five Ways to Curb Impulse Shopping

1. IDENTIFY AND STAY AWAY FROM SPENDING TEMPTATIONS.
   - Malls
   - Arts and crafts shows
   - Online retailers

2. SHOP WITH A LIST AND STICK TO IT.
   - Before you go to the store, make a list of everything you will buy.
   - If it helps, share the list with a supportive person before you leave and report back later.

3. ADD UP YOUR PURCHASES AS YOU SHOP.
   This will help you keep track of how much you’re spending in real time.

4. WAIT AT LEAST 24 HOURS BEFORE MAKING A PURCHASE.
   If you still want the item and you have the money, then buy it.

5. MAKE IT HARDER TO SPEND YOUR MONEY.
   - Leave your credit cards and checkbook at home.
   - Avoid using mobile payment apps.
   - Bring only the amount of cash you’ll need.