



# 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.

