

# No-Buy Month Rules & Tracker

A flexible worksheet for defining what “no-buy” means in your life, tracking urges, and learning from exceptions without turning one purchase into a failed month.

## Write the rules before Day 1

| Category             | Allowed | Not allowed | Exception rule |
|----------------------|---------|-------------|----------------|
| Essentials           |         |             |                |
| Food/takeout         |         |             |                |
| Clothing             |         |             |                |
| Beauty/personal care |         |             |                |
| Entertainment        |         |             |                |
| Hobbies              |         |             |                |
| Household            |         |             |                |

## Choose a reason

Write the reason in behavioral terms: fewer browsing loops, more deliberate purchases, use what you already own, or create distance from sale-driven buying. A no-buy month is easier to judge when success is not defined only by a dollar number.

# Urge log

| Date | What I wanted | Trigger | What I did instead | Bought later? |
|------|---------------|---------|--------------------|---------------|
|      |               |         |                    |               |
|      |               |         |                    |               |
|      |               |         |                    |               |
|      |               |         |                    |               |
|      |               |         |                    |               |
|      |               |         |                    |               |
|      |               |         |                    |               |
|      |               |         |                    |               |
|      |               |         |                    |               |
|      |               |         |                    |               |

# Weekly review

| Week | Easiest rule | Hardest rule | Rule I should clarify |
|------|--------------|--------------|-----------------------|
| 1    |              |              |                       |
| 2    |              |              |                       |
| 3    |              |              |                       |
| 4    |              |              |                       |

# If you make an unplanned purchase

- [ Record it without turning it into permission for more purchases  
]
- [ Decide whether the rule was unclear or the environment made buying too easy  
]
- [ Return or cancel only if that genuinely makes sense; do not create a punishment ritual  
]
- [ Restart the next decision, not “next month”  
]