

30 day no spend challenge

Buy only what you truly need. Tick a shell each night you make it.

OTTI: NO SPEND CHALLENGE



Essentials only

Rent, bills, groceries, transport, medicine.

Wants wait 72 hours

Still want it after 3 days? Then decide on purpose.

A slip is okay

Note it and carry on tomorrow. Do not restart.

1	2	3	4	5	6	7 WEEK 1
8	9	10	11	12	13	14 WEEK 2
15	16	17	18	19	20	21 WEEK 3
22	23	24	25	26	27	28 WEEK 4
29	30 DONE!	My savings ----- Write what you kept. Then treat yourself on purpose.				

Tip: delete saved cards from shopping apps, unsubscribe from sale emails, and write wants on a list instead of buying.