

Impulse Purchase Log

A printable companion to “How to Stop Impulse Buying: A Minimalist Guide for Hobbyists” — juicytipz.com

The 90/90 rule: before you buy or keep something, ask “Have I used it in the last 90 days?” and “Will I use it in the next 90?” — if the answer is no to both, let it go.

Write the want down before the 30 days start

#	WHAT I WANT — AND THE PRICE	DAY I FELT THE URGE	THE TRIGGER (CIRCLE ONE)	REVISIT ON (DAY 30)	DECISION ON DAY 30
01			☐ boredom ☐ stress ☐ excitement		☐ buy ☐ skip ☐ borrow / used
02			☐ boredom ☐ stress ☐ excitement		☐ buy ☐ skip ☐ borrow / used
03			☐ boredom ☐ stress ☐ excitement		☐ buy ☐ skip ☐ borrow / used
04			☐ boredom ☐ stress ☐ excitement		☐ buy ☐ skip ☐ borrow / used
05			☐ boredom ☐ stress ☐ excitement		☐ buy ☐ skip ☐ borrow / used
06			☐ boredom ☐ stress ☐ excitement		☐ buy ☐ skip ☐ borrow / used
07			☐ boredom ☐ stress ☐ excitement		☐ buy ☐ skip ☐ borrow / used
08			☐ boredom ☐ stress ☐ excitement		☐ buy ☐ skip ☐ borrow / used
09			☐ boredom ☐ stress ☐ excitement		☐ buy ☐ skip ☐ borrow / used
10			☐ boredom ☐ stress ☐ excitement		☐ buy ☐ skip ☐ borrow / used

How to use it

1. Write the item down the moment the urge hits — boredom or stress, plus the price, while the feeling is still fresh.
2. Wait 30 days. The note lives here, not in a cart; review it when the date in the fifth column arrives.
3. On day 30, run the two questions above. Buy it with a clear head, cross it off, or borrow, rent, or buy used instead.