

Impulse Spending Tracker

Use this tracker to record any impulse purchases you make. The goal is to build awareness—not to judge yourself. Over time, you'll start to see patterns and triggers that you can work on.

Date & Time	What I Bought	Where I Bought It	Cost (£)	Trigger (How I Felt)	Why I Bought It	How I Felt After	Was It Worth It?	Notes / Thoughts

Weekly Reflection

Use this space to reflect on your spending patterns and any wins or slip-ups.

- • How many impulse buys did I make this week?
- • What were my most common triggers?
- • Was there a situation I handled better than usual?
- • Did I notice any positive changes?
- • What will I try next week to improve?