## **Mindful Spending Worksheet**

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Prior to making each purchase this week, write down the answers to each question. Then, decide if the purchase is worth it.

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Item:	Item:
What's your reason for purchasing this item?	What's your reason for purchasing this item?
What do you expect to get from the item?	What do you expect to get from the item?
How does the purchase support your goals?	How does the purchase support your goals?
Is there a cheaper alternative you can buy?	Is there a cheaper alternative you can buy?
Item:	Item:
What's your reason for purchasing this item?	What's your reason for purchasing this item?
What's your reason for purchasing this item?  What do you expect to get from the item?	What's your reason for purchasing this item?  What do you expect to get from the item?

