

# NO SPEND CHALLENGE

## WRAP UP AND REFLECTION

### 1 How much did you save this month?

*Add up all the purchases you were tempted to make to see how much you saved.*

### 2 What were you most tempted to buy?

*Did you find yourself struggling to not spend in a certain area? How did you avoid it?*

### 3 Reflect on what you learned about yourself and your spending habits.

*Did you find yourself tempted to spend while upset? While happy?*

### 4 Do you feel like you have a better understanding of wants versus needs?

*Were there any things you realized you could live without or absolutely need?*

### 5 What would you do differently next time?

*Identify the types of products you typically impulse buy so any temptations won't be a surprise.*