

The No Spend Month Success Planner

By Thrive or Survive

Pick your start and end dates : _____ to _____

Review the last couple months of discretionary expenses vs your current budget

Expenses	Monthly Budget	Spent (Month 1)	Spent (Month 2)
Groceries			
Dining out			
Coffee			
Entertainment			
Travel			
Clothing			
Health & Beauty			
Education			
Gifts			
Technology			
Home improvement			
Childcare			
Fees			

Reflect on non-essential spending and spending triggers that you want to take back control of during your upcoming No Spend Month:

Identify and quantify your savings goals:

I will save \$ ____ .00 during No Spend Month!

Decide your Can Buy and Can't Buy lists

Check out your calendar and note any upcoming expenses:

Look through your house and identify any surpluses / stockpiles:

Consider your spending history, calendar, and surpluses to make your Can & Can't Buy lists

Can Buy	Can't Buy

Time to Begin your No Spend Month!

Here are some helpful hints:

- Plan your weeks' activities and meals to avoid excess spending.
- Post your Can and Can't Buy lists somewhere visible to remind you of your No Spend Month rules!
- Talk to friends and family members about the challenge for accountability and support.
- Unsubscribe from retailers' emails and social media posts.
- No window shopping or browsing!
- Spring clean and de-clutter your house to remind yourself how many purchases go to waste!
- Don't say "I can't spend," say "I don't need to spend" - Stay positive!
- Watch out for spending triggers!

No Spend Month Wish List

Keep track of what you've wanted to purchase during your No Spend Month, and then reevaluate this list once you've completed the challenge!

Date	Desired Purchase	Cost
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
		\$
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		\$
		\$
		\$
		\$
		\$
		\$

No Spend Month : Beginning Week One

What are your upcoming expenses this week?

Are there any potential spending triggers to be aware of? If so, how will you avoid them?

Any fun plans this week? How will you and your family keep occupied without spending?

Week One Wrap-Up

How did the week go? Any success stories?

What will you improve for next week?

No Spend Month : Beginning Week Two

What are your upcoming expenses this week?

Are there any potential spending triggers to be aware of? If so, how will you avoid them?

Any fun plans this week? How will you and your family keep occupied without spending?

Week Two Wrap-Up

How did the week go? Any success stories?

What will you improve for next week?

No Spend Month : Beginning Week Three

What are your upcoming expenses this week?

Are there any potential spending triggers to be aware of? If so, how will you avoid them?

Any fun plans this week? How will you and your family keep occupied without spending?

Week Three Wrap-Up

How did the week go? Any success stories?

What will you improve for next week?

No Spend Month : Beginning Week Four

What are your upcoming expenses this week?

Are there any potential spending triggers to be aware of? If so, how will you avoid them?

Any fun plans this week? How will you and your family keep occupied without spending?

Week Four Wrap-Up

How did the week go? Any success stories?

What will you improve for next week?

No Spend Month Wrap-Up

How much did you save this month?

<h1>\$</h1>	<h1>.00</h1>
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What were your most difficult spending triggers? How did you avoid them?

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What mistakes did you make? What would you do differently next time?

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Moving Forward...

Are you completing another No Spend Month right away or anytime in the future? Why or why not?

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What lessons did you learn about spending habits and triggers from this challenge?

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