MATCHA & ROSE DIGITAL

PAUSE · CHECK · DECIDE

8 questions to ask *before you buy*

Keep this somewhere you'll see it: by the laptop, on the fridge or saved on your phone. Run through it before you click buy, and the impulse buys quietly stop creeping in.

1. **Do I need it, or just want it right now?** ☐
   Wanting is fine. Just be honest about which one it is.

2. **Does it fit my budget this month?** ☐
   If it means moving money from somewhere else, decide that on purpose.

3. **Do I already own something that does the job?** ☐
   Check the cupboards (and the basket) before you buy a duplicate.

4. **Will I use it often?** ☐
   Picture using it next week, next month and next year.

5. **Have I compared the price?** ☐
   Two minutes of checking elsewhere can save more than any discount code.

6. **Would I buy it if it wasn't on offer?** ☐
   A bargain on something you don't need is still money spent.

7. **Where will it live?** ☐
   If it doesn't have a home, it becomes clutter.

8. **Have I slept on it for 24 hours?** ☐
   If you still want it tomorrow, it's probably a good buy.

The 24-hour rule

Add it to your basket, close the tab and come back tomorrow. If all eight questions still feel like a yes, buy it happily and guilt-free.

Free printable · Personal use only

MATCHA & ROSE DIGITAL

MY WISHLIST

Things I'm *thinking about*

Jot it down instead of buying it straight away. Come back in a day or two and decide.

Item	Price	Date added	Score /8	Decision
				Buy · Wait · Skip
				Buy · Wait · Skip
				Buy · Wait · Skip
				Buy · Wait · Skip
				Buy · Wait · Skip
				Buy · Wait · Skip
				Buy · Wait · Skip
				Buy · Wait · Skip
				Buy · Wait · Skip
				Buy · Wait · Skip
				Buy · Wait · Skip
				Buy · Wait · Skip

Money not spent this month: £ _____

Prefer it in Google Sheets?

Our planners tick off the questions for you and keep every decision and price in one calm dashboard.

Explore the shop

Free printable · Personal use only