

30-Day Impulse Spending Challenge

Build better habits, one day at a time.

Tick off a task each day and track your progress.

The goal is not to *eliminate* all spending forever, but to help readers:

Pause and think before buying

Replace spending triggers with healthier habits

Build consistency through small, daily wins

Track progress visually, which builds motivation

Day 1: Unsubscribe from 5 marketing emails or texts	Day 2: Delete saved card details from 1 site	Day 3: Write down 3 financial goals	Day 4: Complete a full no-spend day	Day 5: Create a 'Do I Need This?' checklist
Day 6: Cancel one unused subscription	Day 7: Start a wish list (no buying!)	Day 8: Check your bank balance & review spending	Day 9: Cook using only cupboard/freezer items	Day 10: Journal your emotions around spending
Day 11: Leave your wallet/card at home today	Day 12: Delete one shopping app	Day 13: Move \$5–10 to a savings pot	Day 14: Style an outfit from what you already own	Day 15: List 10 free feel-good activities
Day 16: List your impulse triggers	Day 17: Try a DIY spa evening at home	Day 18: Log all spending today	Day 19: Unfollow one shop or influencer	Day 20: Clean or reorganise a space
Day 21: Do a screen-free hour	Day 22: Review 3 old purchases - were they worth it?	Day 23: Use cash only today	Day 24: Estimate what you've saved so far	Day 25: Post your savings goal somewhere visible
Day 26: Choose a small reward for completing this	Day 27: Update your monthly budget	Day 28: Use impulse control checklist today	Day 29: Plan a free/cheap activity for the weekend	Day 30: Reflect: what habits will you keep?