

# The No Buy Starter Guide

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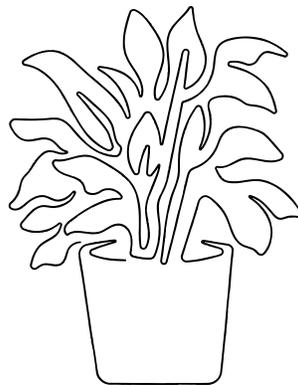
# What is a No Buy?

A No Buy is a short-term experiment designed to help you slow down spending, notice patterns, and make more intentional money decisions, without judgment or deprivation.

It is not about willpower or perfection. You are not expected to “get it right.”

Anything you notice is useful information.

This starter guide is meant to help you try a No Buy in a simple, supportive way.



Looking for a more in-depth, guided version?

The full **No Buy Workbook** includes reflection tools, trackers, re-entry planning, and coaching prompts. **Purchase the download at:**

**[www.waltersfinancialwellness.com](http://www.waltersfinancialwellness.com)**

# Step 1: Identify Your Why

Why am I trying a No Buy right now?

What do I want more than impulse spending?

# Step 2: No Buy Statement

**Example:** *“I want less clutter, more savings, and fewer ‘why did I buy this?’ moments.”*

**Your No Buy Statement:**

# Step 3: Boundaries + Timeframe

**Start date:** \_\_\_\_\_

**End date:** \_\_\_\_\_

**Type:** Full / Low / Category

**Pause this spending:**

- 1.
- 2.

**Allow this spending:**

- 1.
- 2.