

IMPULSE SHOPPING PLAN OF ATTACK



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THRIVE IN THE CHAOS

www.thriveinthechaos.com





BEFORE THE IMPULSE HITS

Set up barriers to make impulse shopping harder

- Don't use a credit card for day-to-day spending- cash or debit card only
- Don't have card information saved on your phone or computer
- Don't cut off all spending, you'll "binge"
 - Have a fun money account- total restriction will just backfire
- Use Unroll.me for sales emails
- Avoid going into stores



IN THE MOMENT

Create space after the impulse hits

- Put a picture of your savings goal on your card
- Keep a want list to remind yourself what you've been wanting
- Keep a "fun purchases" list to remind yourself of what you've already bought
- Put it in your cart and wait for 24-72 hours
- Tell yourself you'll come back for it if you remember
- How many hours do you have to work to pay for it?
- Time is Money Chrome extension
- Questions to ask (from Jessica McCabe of How to ADHD)
 - Why am I here at the store
 - How do I feel?
 - Do I need this?
 - What happens if I wait to buy?
 - How will I pay for it?
 - Where will I put it?

WHAT ARE YOUR TRIGGERS?

let's look for patterns...

What time of day does your impulse shopping tend to happen?

Where are you when you tend to impulse shop?

How are you feeling when you tend to impulse shop?

What people are you around when you tend to impulse shop?

What situations are you in when you tend to impulse shop?



WHAT CAN YOU DO INSTEAD?

PINCH: Play, Interest, Novelty, Challenge or Hurry up

let's make a plan...

What are fun things you enjoy?

What are your interests?

What're some things you've been wanting to try?

What's a challenge you're interested in taking on?

How can you create deadlines to spice things up?

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- Listening to a song or podcast
- Dancing
- Doing some deep breathing
- Taking a walk around the office
- Making a cup of coffee
- Grabbing a snack
- Creative hobbies like drawing or painting
- Learning a skill, like playing an instrument
- Cooking/baking
- Spending quality time with friends and family
- Going on a hike/going outside/going for a walk
- Watching a show
- Calling a friend
- Lighting a scented candle

- Set up your money in an ADHD-friendly way
 - Set-aside money for all your savings, bills, and upcoming expenses, and then spend the rest without worry!
- Get some accountability

Join the Thrive in the Chaos Small Group Program where we'll:

- walk through getting your money set up to support you, and
- create a safe space to receive shame-free accountability to help you reach your financial goals

Learn more at <https://thriveinthechaos.com/small-group-program-sales-page/>

**"Surround yourself with people whose energy
lights you up, and it will empower you"
-Jen Sincero**