

Purchase pause list

Write down optional items with the date added and a day to reconsider, then record what you decided. No prices.

On the reconsider date, ask

- 1. Is it necessary — would going without it affect health, safety, work or care?
- 2. Do I already have something that works?
- 3. Does it fit my rules?
- 4. Would waiting longer help?

Reaching the date never means you should buy it.

ITEM	CATEGORY	ADDED	RECONSIDER ON	OUTCOME
				no longer wanted · alternative · bought (rules) · bought (outside) · wait
				no longer wanted · alternative · bought (rules) · bought (outside) · wait
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