JEAN'S SHOPPING LOG

For the next two weeks, use this worksheet to track everything you buy outside of your budget—a magazine at the grocery store, picture frames for photos you don't have, another pair of black pants, etc. At the end of the two weeks, highlight what you bought because you wanted it, not because you needed it. Then, add the prices that are highlighted. You'll get a much clearer picture of what type of shopper you are and how much you would have saved if you could control your shopping impluses!

Date	Item	Price	How I was feeling	Why I bought it	Who I was with
Amount I could have saved »					