

The Year of Less

by Cait Flanders

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ☐ **01 Write a no-buy rule**
Choose one category for a 30-day pause. Define exceptions in advance so the rule is clear enough to teach you something.

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MON TUE WED THU FRI SAT SUN

- ☐ **02 Inventory one category**
Count what you already own in one area: clothes, books, skincare, tools, apps, or subscriptions. Let the number become visible.

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MON TUE WED THU FRI SAT SUN

- ☐ **03 Name your buying triggers**
List the feelings that most often precede unnecessary purchases. Keep the list where you usually shop.

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MON TUE WED THU FRI SAT SUN

- ☐ **04 Create an enough list**
Write what enough looks like for three categories. Enough turns vague restraint into a concrete standard.

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- ☐ **05 Delay one purchase**
Put a wanted item on a waiting list instead of buying it today. Revisit it after the emotional charge drops.

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- ☐ **06 Use what is already here**
Choose one owned item, ingredient, book, tool, or subscription and use it before acquiring anything new in that category.

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- ☐ **07 Log the feeling, not the item**
When an urge to buy appears, write the feeling underneath it. Solve that feeling directly before shopping.

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