Mini Challenge

No Spend November

November is the perfect time to pause on spending and say “yes” to intentional choices. No Spend November isn’t about deprivation, it’s about empowerment, gratitude, and recognizing what truly brings value to your life.

Ask yourself “What purchases are out of habit vs. necessity? How can I use time, creativity, or presence to replace spending?” - then complete at least 5 of the following activities.

- [ ] **Avoid Non-Essential Purchases**
  Commit to a temporary pause on clothing, decor, takeout, and impulse buys. Create a “wishlist” for December instead of hitting “buy now.”

- [ ] **Declutter Instead of Shopping**
  Spend time organizing what you already have - your pantry, closet, digital subscriptions. You’ll often discover you already have what you need.

- [ ] **Cook from Your Pantry**
  Challenge yourself to create meals using only ingredients you already have. Get creative with what’s in your fridge and freezer.

- [ ] **DIY Gifts or Experiences**
  Make handmade holiday gifts, write heartfelt notes, or give the gift of time (babysitting, a home-cooked meal, or a shared walk).

- [ ] **Replace Spending with Creativity**
  Instead of scrolling or shopping for entertainment, try drawing, journaling, crafting, or learning a new skill on YouTube.

- [ ] **Plan a Free Social Outing**
  Host a potluck, go on a nature walk, or organize a board game night. Fun doesn’t have to come with a price tag.

- [ ] **Unsubscribe & Unfollow**
  Take 10 minutes to unsubscribe from marketing emails or unfollow influencers that trigger spending urges.

- [ ] **Start a Gratitude Log**
  Each day, write down 3 things you already have and love—people, moments, comforts, strengths. Shift your focus from lack to abundance.

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