

**Details of My Impulse:**

**My Notes**

Name of Item:

Price:

Date of My Impulse:

Delay Timer (24 hrs /  
Day 1–7):

Reasons for My Desire:

Do I Already Own Something  
Similar?:

Is This a Need or a Want?:

How Will This Improve My  
Life?:

Final Decision After Delay:

My Reflection: