

# 100 Allowed Urges



## STICKING TO OUR PLAN

We mostly respond to our desire to buy with our conditioned urges. We feel an urge, and it feels "urgent." We respond to this urge by overspending. This overspending gives us an immediate reward (dopamine hit) and perpetuates the "thought error" cycle.

If you want to **de-condition your brain from overspending, start listing the times you had the urge to spend off-plan/budget but did not follow through** ( allow the urge to pass without taking action and overspending).

By the time you **allow 100 urges**, you will be **showing your brain who is the boss!** 

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91. \_\_\_\_\_

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## STICKING TO OUR PLAN

- 92. \_\_\_\_\_
- 93. \_\_\_\_\_
- 94. \_\_\_\_\_
- 95. \_\_\_\_\_
- 96. \_\_\_\_\_
- 97. \_\_\_\_\_
- 98. \_\_\_\_\_
- 99. \_\_\_\_\_
- 100. \_\_\_\_\_