

The BUY Test!

A friend and I were chatting the other day about the danger of words like BARGAIN! She said she always has to stop and give herself a good talking to - even when she had NO plan to go shopping, and has NO known use for a particular whirlygig, and has been determinedly decluttering for months so she can use her upstairs to give workshops.

The pull is SO STRONG!!! Even for me, though I spend hundreds of hours helping folks figure out how deal with stuff that clutters their space and lives and have become like a hawk about my own stuff.

These words are designed to make us SHOP!

FREE

BARGAIN

10%,20%,30%,40%,50,60% OFF

BUY ONE GET ONE FREE

SALE

SAVE

COUPON

They are designed to stop you in your tracks, make you forget what you were PLANNING to do with your hard earned pennies and getcha!

Instead of getting caught - try using a purchase test, not unlike my Keep Test. See

http://www.breathing-space.com/documents/clutches_of_stuff_000.pdf

Maybe make a little card to carry in your wallet with these questions:

- 1) Do I LOVE it? (Will it REALLY make my heart sing to have it?)
- 2) Is it something that I have already been wanting/needng for a specific use? (Or is it the idea of getting a bargain that is pushing me to buy.)

3) Is it truly a treasure? (Something that I will use and cherish for a long time?)

Sales and bargains can be great if you don't let yourself get trapped into buying stuff that you never needed and may never use.

To actually save money(and space) ...test every bargain to confirm that it will truly be a savings for YOU!

Wishing you a month with time to relish what you already have!