

# How to Stop Shopping & Be More Content

5 Tactics to stop shopping & be more content:

1. Define your purpose.
2. Identify and remove the things that make you want to shop.
3. Go through your belongings.
4. Focus on hobbies / find new hobbies.
5. Create areas/routines that make you happy.

1. Your purpose/s to stop shopping:

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2: What are your shopping triggers:

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3. Go through your belongings:

**"HAVE NOTHING IN YOUR HOUSE THAT YOU DO NOT KNOW TO BE USEFUL, OR BELIEVE TO BE BEAUTIFUL."**

**- WILLIAM MORRIS**

*To find contentment with the things that you own, remove any items that do not fit into either of these categories.*

4. Things you can do instead of shopping:

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5. New routines/areas to bring contentment:

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