

My no-buy rules

The ADHD-friendly version: structure over willpower. Fill in, print, stick somewhere visible.

1. My cooldown tiers

10-minute timer for anything under \$ _____

24-hour timer for anything under \$ _____

7-day timer for anything over \$ _____ and always for: _____

2. My friction list (make acting slower than wanting)

Saved cards deleted from: _____

Logged out of: _____

Moved off my home screen: _____

3. The late-night rule

Anything I want after _____ pm automatically gets the 24-hour timer. Morning-me decides. No negotiating.

4. My exceptions (planned, allowed, guilt-free)

5. Money kept (the number that only goes up)

Where I track it: _____

Every skipped price gets added the moment I skip. Slips never subtract: the total survives bad nights.

6. When I buy the thing anyway

I write down why, I keep my total, and I move on. Bought after a cooldown = a decision, not a failure.

Wanted it. Not today.

trynottoday.app, the no-buy tracker that runs these rules for you. iOS beta open.