

FREE TRACKER

30-Day No-Buy Challenge Tracker

Track your triggers. Watch your savings grow. Prove
you're in control of your money.

THE CLARITY RESET METHOD

BESTOFMOTIVATION.COM

How to Use This Tracker

This tracker follows the 5-Step Clarity Reset Method. Fill in your setup below, then use the daily pages to log every urge you resist. The goal isn't perfection — it's awareness.

1 Define Your Why

Write your reason below. Read it every morning. This is your anchor when temptation hits.

2 Separate Essentials from Wants

Fill in the two lists below. Be honest — most people discover 40–60% of spending is non-essential.

3 Set Your Timeline

Circle your commitment below. Start with 30 days. Extend if it feels right.

4 Remove the Triggers

Before Day 1: unsubscribe from promo emails, delete shopping apps, unfollow "buy this" accounts.

5 Track, Reflect, Adjust

Each day, log what you didn't buy, the trigger, and the cost. Watch your "saved" total climb.

MY WHY

✓ ESSENTIALS (ALWAYS OK)

✗ PAUSED (NOT NOW)

My Commitment

30

Days — Quick Reset



90

Days — Deep Change



365

Days — Full Reset



Week 1 — Days 1–7

Dates: _____ to _____

Day 1

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 2

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 3

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 4

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 5

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 6

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 7

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

TOTAL SAVED

BIGGEST TRIGGER

HARDEST DAY

WIN OF THE WEEK

Week 2 — Days 8–14

Dates: _____ to _____

Day 8

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 9

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 10

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 11

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 12

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 13

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 14

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

TOTAL SAVED

BIGGEST TRIGGER

HARDEST DAY

WIN OF THE WEEK

Week 3 — Days 15–21

Dates: _____ to _____

Day 15

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 16

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 17

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 18

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 19

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 20

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 21

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

TOTAL SAVED

BIGGEST TRIGGER

HARDEST DAY

WIN OF THE WEEK

Week 4 — Days 22–30

Dates: _____ to _____

Day 22

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 23

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 24

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 25

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 26

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 27

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 28

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 29

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

Day 30

WHAT I RESISTED / TRIGGER

SAVED

HOW I FEEL

£

Date: _____

30-DAY TOTAL SAVED

#1 TRIGGER PATTERN

BIGGEST LESSON