Money $marts
The Dos and Don'ts of Avoiding Impulse Buying

**DO**
1. Take a shopping list
2. Pay with cash
3. Limit time in store
4. Limit the number of aisles you browse
5. Pay attention to sales “traps” in store

**DON’T**
1. Don’t shop hungry
2. Don’t shop tired
3. Don’t shop when you have a lot on your mind
4. Don’t shop with children
5. Don’t decide to buy when emotionally aroused