YOUR FREEDOM NUMBER · FREE TEMPLATE

# 30-Day Rule and 30-Day Selling Challenge

For every non-urgent purchase over €50 (or €100): write it down, wait 30 days, then decide.

## My 30-Day Wish List (ch. 13)

| Date | What do I want to buy? | Price (€) | Decide on | Still want it? Yes / No |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

Saved because I said NO: _____

## 30-Day Selling Challenge (ch. 7)

Find and list ONE item every day. Put the money straight into your investments or emergency fund.

My goal (€): _____

| Day | Item | Platform | Proceeds (€) |
|---|---|---|---|
| 1 | | | |
| 2 | | | |
| 3 | | | |
| 4 | | | |
| 5 | | | |
| 6 | | | |
| 7 | | | |
| 8 | | | |
| 9 | | | |
| 10 | | | |
| 11 | | | |
| 12 | | | |
| 13 | | | |
| 14 | | | |
| 15 | | | |
| 16 | | | |
| 17 | | | |
| 18 | | | |
| 19 | | | |
| 20 | | | |
| 21 | | | |
| 22 | | | |
| 23 | | | |
| 24 | | | |
| 25 | | | |
| 26 | | | |
| 27 | | | |
| 28 | | | |
| 29 | | | |
| 30 | | | |

Total proceeds (€): _____