My Spending Habits and Triggers

What are my spending (and over-spending) habits? (Examples: online shopping, morning coffee, lunches or dinners out, using a budget, pampering myself, etc.)	**What triggers me to spend?** (Examples: boredom, stress, need, tired, electronic ad pop-ups, late-at-night urge, etc.)
Description – **(Mark whether it is a positive (+) or a negative (-) habit)** List if you can limit or do without.	**Description –** List ways you can eliminate or reduce triggers.

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