

Item Under Consideration: _____ **Price:** _____ **Date**
Logged: _____ **Decision Date:** _____ (Date Logged + 3 Days)

(Seção 1): THE "WHY" - Problem & Motivation

- What specific problem does this item solve for me?
 - Is this a genuine need or a temporary want?
 - Am I buying this to solve a problem, or because I'm feeling _____ (bored, stressed, influenced)?
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(Seção 2): THE "WHERE" - The Physical Home

- Where, specifically, will this item live in my home? (e.g., "Top-left desk drawer")
 - Do I have a clear, uncluttered space for it right now?
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(Seção 3): THE "DUPLICATE" - Inventory Check

- Do I already own something that serves this function?
 - Is this a significant upgrade, or just a marginal improvement?
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(Seção 4): THE "TRUE COST" - Care & Maintenance

- Does this item require ongoing costs (subscriptions, refills)?
 - Does it require special cleaning or maintenance I am willing to perform?
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(Seção 5): THE "VALUES" - Long-Term Alignment

- Does this purchase align with my larger financial goals (e.g., saving for travel, paying off debt)?
- Does this item's quality and origin align with my personal values (e.g., sustainability, durability)?