



HOW TO SHOP PROPERLY?

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1) **PAY BY CASH, NO CREDIT CARD TO BE USED. IN CASE YOU ARE TEMPTED TO USE CREDIT CARD LEAVE IT AT HOME OR HAND IT OVER TO A RESPONSIBLE PERSON.**



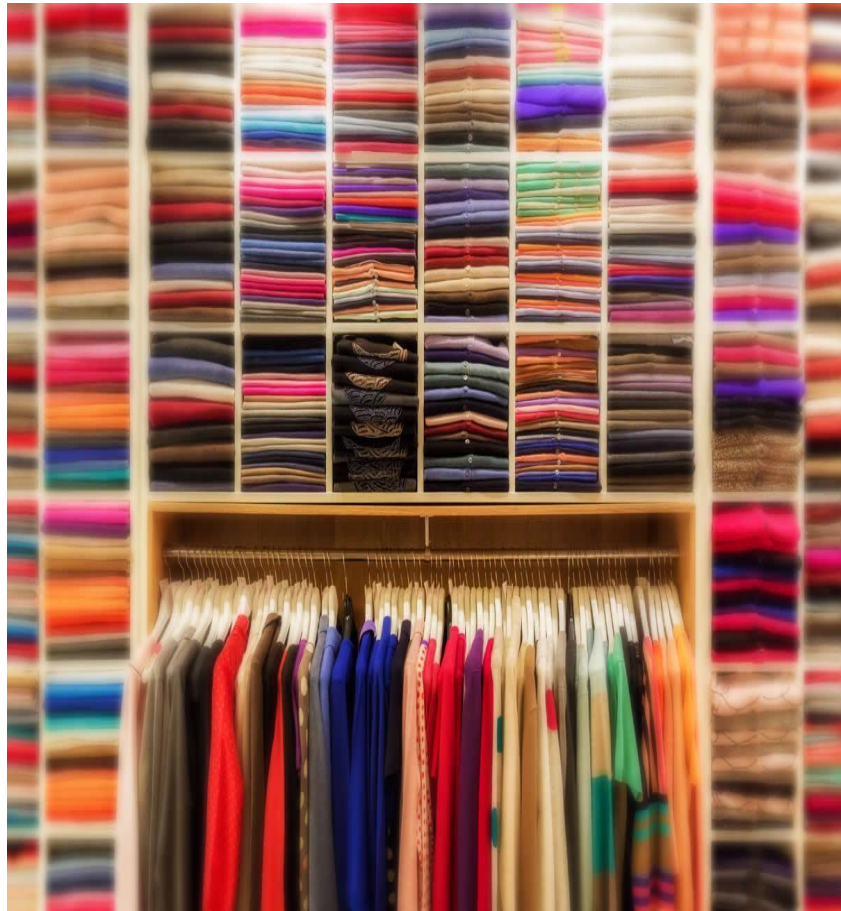


2) **MAKE A LIST OF PURCHASES AND THEN ONLY STEP OUT TO SHOP. MAKE A RULE THAT BUYING WILL BE DONE WHEN YOU NEED A REPLACEMENT. SO BUY ONLY WHEN YOUR TV IS BEYOND REPAIRS OR YOU ARE REALLY SHORT OF DRESSES IN YOUR WARDROBE.**



3) **DO NOT GET LURED, TEMPT AND TRACK SALES OR DISCOUNTS.** THIS DOES NOT MEAN THAT YOU WILL NOT SHOP DURING SALE SEASON. IF YOU ARE GETTING THREE THINGS FOR THE PRICE OF ONE AND ALL THREE WILL BE UTILIZED, IT MAKES SENSE TO SHOP. BUT IMPORTANT IS THAT YOU PUT THE BOUGHT THINGS TO USE.

4) DO NOT DEVELOP COSTLY HOBBIES FOR EXAMPLE COLLECTING HANDBAGS, WATCHES, SHOES, PHONES ETC.. LET PEOPLE FROM BOLLYWOOD AND CELEBRITIES TO HAVE PRIVILEGE OF HAVING THESE ADDICTIONS



5) **MAKE A 30 DAY THINK-BEFORE-PURCHASE RULE.** IF ANYTHING HAS WOOED YOU COMPLETELY AND YOU WISH TO BUY, GIVE A BREAK OF 30 DAYS. THINK IF IT IS REALLY USEFUL. IT SHOULD BE A NEED AND NOT A WANT. AND IF A WANT IT SHOULD BE JUSTIFIED ON USAGE PARAMETER. IT IS NOT NECESSARY TO KEEP A 30 DAY GAP, AS YOU MAY USE YOUR OWN 10 DAYS, A FORTNIGHT, A WEEKEND THINK-BEFORE-PURCHASE RULE. THE ESSENTIAL IS THAT YOU FOLLOW THIS RULE.



6) **FIX AN AMOUNT FOR SHOPPING.** EACH MONTH FIX AN AMOUNT ON SHOPPING. MAKE SURE THAT YOU WILL OVERBOARD THIS LIMIT. IF YOU DO SO, YOU SHOULD PAY A PENALTY, FOR EXAMPLE INVESTING A CERTAIN AMOUNT



7) **MAKE A RULE THAT “STORE IS NOT A HANGOUT”**. WHATEVER MOOD YOU ARE IN, BUT STORE OR SHOPPING IS NOT THE IDEA OR PLACE TO VENT OUT YOUR EMOTIONS. SO SHOPPING IS TO BE DONE WHEN YOU ARE IN A NEUTRAL AND SOUND MIND AND NOT INFLUENCED BY EMOTIONS LIKE ACHIEVEMENT, SUCCESS, FAILURE, BREAK UP, LOST OR FOUND.



8) **SHOP WITH SOMEONE WHO IS RESPONSIBLE, MATURE AND OPEN TO STOP AND CONTRADICT YOU. EVERYBODY HAS A PARTNER WHO IS EQUALLY IMPORTANT AND RESPONSIBLE. YOUR IRRATIONAL SHOPPING MAY BE CO-DAMAGING YOUR MUTUAL GOALS. TAKE THAT SAME PARTNER TO SHOP WITH YOU.**





THANK YOU FOR ATTENTION!!!