

The Enough Filter

Use this printable version of the Enough Filter to pause, reflect, and choose purchases that align with your values.

- **1. What do I hope this gives me?**
(Is it comfort? Control? Status? Belonging? Relief?)

Response: _____

- **2. Do I already own something that could serve this purpose?**
(Could I repurpose, repair, or reimagine something I already have?)

Response: _____

- **3. Would I still want this if no one ever saw it?**
(Is this true resonance—or performance?)

Response: _____

- **4. Will this still hold value for me in a month? A year? Three?**
(Picture it aged, used, ordinary.)

Response: _____

- **5. Does this align with the life I'm actively building—or the one I'm trying to escape?**
(Am I supporting my future self, or soothing an old wound?)

Response: _____

Reflection Prompt

Use the space below to explore what 'enough' means to you right now.

- What does 'enough' feel like in my life right now?
- Where am I most at peace—and where am I still trying to buy my way there?
- If I chose based on values instead of urges, what would shift?

Response: _____
