



# Become a More Mindful Shopper

By Jill Roberts • Photo by Jill Roberts

In the June 2022 issue of *Neighbors of East Wallingford*, I shared the article, *Waste Not, Want Not*, which included tips for rehoming unwanted items. Now that your closets and basements are free of clutter, don't be tempted to shop to fill the space.

Becoming a more mindful shopper not only will keep down the clutter, but purchasing less can make a sizable difference on your wallet. If you want to avoid the shopping temptation, here are some questions you might consider before you venture out to make a purchase:

- **Do I have a reason to shop?** Avoid entering a store to simply browse or kill time. Instead, only shop for what you need and stick to intended purchases.
- **Am I replacing an item I already own that still has a useful life?** Reconsider replacing an outdated item that still has a useful life. Sometimes the benefit of an upgrade is worthy of a new replacement, but sometimes it's just shinier.
- **Did I need it before I found it on clearance?** A bargain is only a bargain if it's something we previously intended to purchase. Otherwise, we're being enticed to spend money

on something we've been okay to live without.

- **When will I wear this, and what will I wear it with?** If you can't think of anything to pair a new article of clothing with, or have an upcoming occasion to wear it, don't buy it. If you do make the purchase, and don't immediately wear it within the next two weeks, return it.
- **Will it only take up space on a wall or shelf?** Instead of filling an empty wall or shelf with meaningless stuff purchased from a home good store, view the empty space as a vacancy to fill with future mementos and keepsakes.
- **Is it to enhance an activity I already enjoy?** It's not usually necessary to make an investment in a new hobby or activity when we have a genuine interest. When we're passionate and motivated to start something new, we'll be resourceful and find whatever is available to get started.
- **How likely is it that I'll use the item more than once?** Consider the long-term usefulness of an item. If it's unlikely to be used again, consider renting or borrowing. Even if it's affordable, small purchases add up over time, and become part of the clutter.