

Do you really need it?

The re-cluttering checklist

This checklist will help you stop the pattern of buying useless stuff. These are strategies to put in place before and after shopping.

1. Avoid Shops

Do not go to danger zones. Stay away from charity shops, car boot sales, junk shops and book shops.

2. Limit Spending

Have an allowance, let yourself spend £x a week on something you don't need, no more.

3. One in one out

If you get a new book, get rid of an old one. Get new shoes, give an old pair to the charity shop.

4. Ditch 5 Things

Keep on top of it all by just ditching 5 things every now and then. It will make a difference.

5. Make Lists

Write a shopping list and stick to it. Do not be tempted by reduced items or buy one get one free.

6. Buy Nothing

Once a week have a buy nothing day. You can plan around it by having a packed lunch.

7. Leave it behind

Don't leave the house with any money unless you know you really need something.

8. Take a friend

And get them to police your re-cluttering. Ask them to remind you to stick to plan.

If all this fails ask yourself the following questions when tempted:

- Will I really use it?
- Does it fit me?
- Does it need fixing?
- Do I love it?
- Does it make me feel amazing?
- Do I only want it because it is a bargain?
- Have I already got one?
- How long did it take me to earn the money to pay for it?

less
stuff