



Should I Buy It?

A Quick Guide to Mindful Consumption



Ask yourself these questions before purchasing anything new...

If you must shop new remember...



Do I already have one?

Do I have something else that could work or achieve a similar result?

If my item is broken, can I fix or repair it?
(Can I learn? Take this opportunity to learn a new skill)

Can I borrow or rent it?

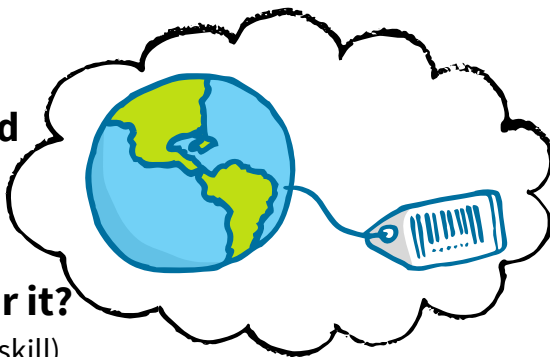
Can I make it myself?

Can I buy it used?
(Have I looked? More than once?)

Is this an impulsive purchase?
(Take a moment to really reflect on this)

**Will it still be useful next week?
Next month? Next year?**

Can it be ethically sourced?
(Think organic, sustainable, eco-friendly, local, fairtrade, etc.)



Quality over Quantity

It's better to purchase a single item of high quality that will last, versus multiple items of low quality that won't.



Quality over Value

It's better to spend more on a high quality item that will last longer, versus a lower cost item that won't.



Function over Fashion

Consider longevity and timelessness, versus trendiness.



Need over Want

Recognize what it means to need something versus want something.
Reflect on this before opening your wallet.

