

## Consumption Worksheet

*A helpful practice in examining our own consumption habits is to keep a journal of spending for a week or more. The goal is to write down EVERYTHING that you spend, from the mortgage or rent payment to a bag of potato chips. Use the following questions to reflect on the experience.*

1) If you kept an expense journal, what was the experience like? Did the fact/act of journaling affect your spending in any way?

(2) Go over your expense journal and quickly note your purchases as “need/necessity” or “want/luxury.” By what criteria do you categorize something as “necessity” or “luxury”?

(3) What values—whether you consider them positive or not-so-positive—significantly influence or guide your consumption decisions? (e.g. concern for environment, social status, children’s well-being, desire for security, concern for physical appearance or comfort or enjoyment, etc.)

(4) Are there non-physical factors—emotional, social and/or spiritual—that play a part in your consuming? (for instance, do you shop when you’re happy, or when you’re depressed; when you’re lonely, or as a social activity?) What kinds of purchases have some kind of emotional impact for you?