

An Introduction to Mindful Shopping

Mindful shopping means keeping your values and personal goals in mind when you buy things. It's a way to consider the impact an item has on your life, on the environment, and on others.



Why Practice Mindful Shopping?

1. **Saving money.** Many people first arrive at mindful shopping because they're managing their budget.
2. **Environmental sustainability.** Avoiding plastic materials is an easy-to-understand sustainability goal that many people connect with.
3. **Expressing your values.** For example, minimalists buy fewer, higher-quality items.
4. **Supporting local businesses and companies that do good.** "Outsourcing" your buying decisions to companies and local businesses you trust is a good way to get started.

7 Tips to Shop Mindfully

1. **Pause before you buy something.** Take a mindful breath and think about how it will impact your life and the world around you.
2. **Counter impulse buys with a "future shopping" list.** Wait a week to see if you still want the items on your list.
3. **Avoid plastic.** Use canvas bags instead of plastic grocery bags.
4. **Buy local.**
5. **Buy fewer things** of higher quality.
6. **Buy from Certified B Corps.**
7. **Join the AmazonSmile program,** which donates a percentage of your Amazon purchases to charity.