

My Low Buy Rules

Rule 1. Create a wish list and wait at least 10 days before deciding on a new purchase.

This practice helps to curb impulse buying by allowing time for reflection and ensuring that each purchase is intentional and truly necessary. By giving yourself a cooling-off period, you can evaluate whether the item will add genuine value to your life or if it's just a fleeting desire.

Rule 2. Only replace empty or broken products/items.

This rule encourages mindful consumption by prioritizing the use of what you already have.

It reduces waste and ensures that you only spend money on essentials. By focusing on replacements rather than additions, you can better manage your resources, both financial and environmental.

Rule 3. Shop small, local and 2nd hand first.

This approach supports local economies and promotes sustainability by reducing the demand for mass-produced goods. By choosing second-hand items, you not only save money but also give products a second life, minimizing environmental impact. Shopping small and local fosters community connections and often results in unique finds that carry personal stories and charm.

Rule 4. Experiences over materialism.

Prioritize spending on experiences rather than accumulating more possessions. Experiences, whether it's traveling, attending events, or simply trying a new hobby, create lasting memories and enrich your life in ways that material goods cannot. They often lead to personal growth, deeper relationships, and a greater sense of fulfillment. By focusing on experiences, you also reduce clutter, and the environmental burden associated with producing and disposing of material items.

Rule 5. Quality over quantity.

Choose high-quality items that last longer and serve you better, even if they come at a higher initial cost. Investing in well-made products reduces the need for frequent replacements, ultimately saving money and reducing waste. Quality items often provide a better user experience, enhancing your daily life and ensuring satisfaction. This mindset encourages thoughtful purchasing decisions and a more sustainable lifestyle by valuing durability and craftsmanship over sheer volume. By selecting quality over quantity, you cultivate an appreciation for the things you own and a deeper connection to your purchases.

Rule 6. Giving gifts is okay.

Gift giving can be a wonderful expression of love and appreciation, and it is perfectly acceptable within a low buy lifestyle. The key is to focus on thoughtful and meaningful gifts that reflect the recipient's interests and needs. Consider handmade items, experiences, or donations in their name. These types of gifts often hold more sentimental value and create cherished memories. By being intentional with your gift-giving, you can extend the principles of mindfulness and sustainability to others, spreading joy while staying true to your values.