

BEFORE YOU BUY

# The *Caring Consumer* Checklist

*Pause. Question. Choose with intention.*



01

## **Do I really need this?**

- Can I use something I already own?
- Is there a simpler substitute?

02

## **How will this affect my life?**

- Will it help me engage more fully?
- Will it make me more passive?

03

## **Is it worth my time?**

- How many hours of work does this cost?
- Is it worth that portion of my life energy?

04

## **Is ownership necessary?**

- Can I buy it used?
- Can I borrow or rent it?
- Can I share it?
- Can I live without it?

05

## **Where should I buy it?**

- Can I buy local?
- Does the business treat employees well?
- Does it contribute to the community?

06

## **Environmental impact**

- Is it biodegradable?
- Can it be recycled or repaired?
- Is it over-packaged?
- How far did it travel?

07

## **Worker impact**

- Were workers paid fairly?
- Were working conditions safe?

- Does this purchase align with my values?

## *Final Reflection*

- Am I supporting the economy I want to see in the world?